

Instruction

拍数: 32 墙数: 2 级数: Low Intermediate
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音乐: Instruction (feat. Demi Lovato & Stefflon Don) - Jax Jones



Intro: 32 count - 1 Restart & 3 Tags

S.1 WALK FORWARD - BOTAFOGO - CROSS - BACK - SLIDE

1 2 Walk forward 2 count on Rf - Lf
3 & 4 Step Rf cross over Lf - Step Lf to left - Step Rf in place
5 6 Step Lf cross over Rf - Step Rf back
7 8 Slide to Lf to left side 2 count (12.00)

S.2 TOUCH FORWARD & SIDE - COASTER 1/4 R - WALK - MAMBO CROSS 1/4 R

1 2 Touch Rf forward - Touch Rf to side
3 & 4 Turn 1/4 right Step Rf back - Close Lf beside Rf - Step Rf forward (03.00)
5 6 Walk forward 2 count Lf - Rf
7 & 8 Step Lf forward - Turn 1/4 right step on Rf - Step Lf cross over Rf

***ON WALL 7 STOP HERE AND DO TAG BEFORE RESTART**

S.3 SAMBA WHISK R&L - KICK & DROP - WALK

1 & 2 Step Rf to side - Step Lf back - Step Rf in place
3 & 4 Step Lf to side - Step Rf back - Step Lf in place
5 & 6 Kick Rf forward - Step Rf back - Bend Rf and drop body down weight on Rf
7 8 Walk forward step on Lf - Rf

S.4 ROCK FORWARD - BACK TOUCH 2X - SIDE ROCK - BACK SIDE FORWARD

1 2 Step Lf forward - Recover on Rf
&3 &4 Step Lf back - Touch Rf forward - Step Rf back - Touch Lf forward
5 6 Step Rf to side - Recover on Rf
7 & 8 Step Lf behind Rf - Step Rf to side - Step Lf forward

TAG : AFTER WALL 2 , 4 , 7 (16 counts)

- TOUCH SIDE - HOLD (R & L)

1 - 4 Touch Rf to side - HOLD for 3 count
& 5 -8 Close Rf beside Lf - Touch Lf to side - HOLD for 3 count

- PIVOT 1/2 L 2X - JAZZ BOX

& 1 2 Close Lf beside Rf - Step Rf forward - Turn 1/2 left Step on Lf
3 4 Step Rf forward - Turn 1/2 left Step on Lf
5 6 Step Rf forward - Step Lf back
7 8 Step Rf to side - Step Lf forward

HAVE FUN & ENJOY ...