

Instruction

拍数: 80 墙数: 1 级数: Intermediate
编舞者: All Star ULD Jabar (INA) - April 2024
音乐: Instruction (feat. Demi Lovato & Stefflon Don) - Jax Jones



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Sequence : A ,B ,A, B, A, A 16c, B, A

A: 64c

Section 1 - Walk R, L , samba whisk , 1/4 to left step Lock, volta turn 1/2 to left.

1 2 3 & 4 Walk Fwd on RF, LF, step RF to right side , step LF back , recover on RF,
5 6 7 & 8 1/4 turn left step LF fwd , lock RF behind left, Step L Fwd with 1/4 turn left, ball step RF
behind , Step L Fwd with 1/4 turn left (3.00)

Section 2 - 2 Slow Batucadas, Batucadas, figure 8 Hips.

a1 2 & Press RF fwd & push hip fwd rotate hip right, step RF back,
a3 4 & Press LF fwd & push hip fwd rotate hip left , step LF back
5 & a Press right hip fwd, rotate hip right, step back RF
6 & a Press left hip fwd, rotate hip right, step back LF
7 8 right Press forward with hip with figure 8 hips.

Section 3 - 1/4 turn right Walk R,L, samba whisk , 1/4 turn to left step Lock, volta turn 1/2 to left Walk R, L , samba whisk , 1/4 left step Lock, volta turn 1/2 to left.

1 2 3 & 4 1/4 turn right Walk Fwd on RF, LF (6.00) step RF to side , step LF back , recover on RF
5 6 7 & 8 1/4 turn left step LF fwd , lock RF behind left, Step L Fwd with 1/4 turn left, ball step RF
behind , Step L Fwd with 1/4 turn left (9.00)

Section 4 - 2 Slow Batucada, Batucadas, figure 8 Hips.

a1 2 & Press RF fwd & push hip fwd rotate hip right, step RF back,
a3 4 & Press LF fwd & push hip fwd rotate hip left , step LF back
5 & a Press right hip fwd, rotate hip right, step back RF
6 & a Press left hip fwd, rotate hip right, step back LF
7 8 right Press forward with hip with figure 8 hips. (9.00)

Section 5 Step-lock RF forward , 1/4 turn right Shuffel fwd, cross samba L, R

1 2 Step RF fwd, lock LF behind (9.00)
3 & 4 1/4 turn to right step RF fwd , lock LF behind , step RF fwd (12.00)
5 & 6 Cross RF over left , Step LF to side, recover on RF
7 & 8 Cross LF over right , Step RF to side, recover on LF

Section 6 - Step Back on R ,L , Kick ball change, Hip roll Left to right .

1 2 Step back on RF , LF
3 & 4 kick RF fwd, step RF in place , step LF to side
5 - 8 hip roll 4 count from right to left Counterclockwise (finish with weight on right)

Section 7 - Step L beside right ,1/4 turn right cross right over LF , step L side, volta , samba turn 3/4 turn left

& 1 2 Step LF together beside right ,1/4 turn right step RF fwd, Step LF to side
3 & 4 Cross RF over LF , step LF to side, cross RF over left
5 - 8 3/4 samba rolls to right

Section 8 - Jazzbox forward ,brass & step back ,drop, up.

1 2 3 4 Cross RF over left , Step LF to back , step RF to side, step LF forward .

5 & 6 Brass with RF , Hitch , step back
7 8 sitting onto RF, recover on LF .

B: 16c

Section 1 - Stomp RF , Hold , hand styling

1 2 & 3 & 4 Stomp RF, Hold , Open Both hands to side, Fold both hands back & the right hand seems to touch the chin, Nod your head
5 - 8 sitting onto LF for 4 Counts

Section 2 - Sitting onto R, L ,Up Down Hip roll, Hitch.

1 2 3 4 sitting onto RF for 2 Count ,recover sitting onto LF for 2 Count
5 6 7 8 Stand up weight on RF , sitting onto RF , Hip roll Counterclockwise ,Hitch RF

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