

My Simple Instruction

拍數: 64 牆數: 2 級數: Phrased Intermediate
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音樂: Instruction (feat. Demi Lovato & Stefflon Don) - Jax Jones



Start on the lyrics 'wind to the left'

Sequence: A - A - B - C - A - A - B - C - A - A - B - B with Restart after 16 counts - C - A - A - A - A

PART A: 16 counts

A1: DOROTHY STEP, SWAYS, STEP BACK & BODY ROLL BWD, RECOVER, TOUCH, BACK, TOUCH WITH KNEE POP

- 1-2& LF step diagonally L-forward, RF lock behind LF, LF step forward
- 3-4 RF step side and sway R, recover on LF & sway L
- 5-6 RF step back & start body roll backwards, finish bodyroll and sit back on RF
- &7&8 Recover on LF, RF touch next to LF, RF step back, LF touch forward while pushing L-knee up

A2: STEP, TOGETHER, SHUFFLE FWD, STEP, ½ PIVOT, STEP-LOCK-STEP

- 1-2 LF step forward, RF close next to LF
- 3&4 LF step forward, RF close next to LF, LF step forward
- 5-6 RF step forward, make ½ turn L putting weight on LF
- 7&8 RF step forward, LF lock behind RF, RF step forward

PART B: 32 counts

B1: OUT-OUT, COASTER STEP, ROCK FWD/RECOVER, STEP BACK, DRAG, HOLD

- 1-2 LF step diagonally L-forward, RF step diagonally R-forward
- 3&4 LF step back, RF close next to LF, LF step forward
- 5-8 RF rock forward, recover on LF, RF big step back & drag LF on heel towards RF, hold

B2: BALL, WALK, WALK, ¼ TURN HIP BUMPS, WALK ¾ TURN AROUND (IN CIRCLE)

- &1-2 LF close on ball next to RF, RF walk forward, LF walk forward
- 3&4 ¼ turn L & RF step side & bump hip R, bring hips back to center, bump hip R
- 5-6 ¼ turn L & LF step forward, 1/8 turn L & RF step forward
- 7-8 ¼ turn L & LF step forward, 1/8 turn L & RF step forward

* restart in the 4th repetition of part B after 16 counts (see sequence note) □ □

B3: CROSSING SAMBAS, CROSS, ¼ BACK, ¼ BIG STEP SIDE, DRAG

- 1&2 LF cross over RF, RF step side, LF step side (slightly travelling forward)
- 3&4 RF cross over LF, LF step side, RF step side (slightly travelling forward)
- 5-8 LF cross over RF, ¼ turn L & RF step back, ¼ turn L & LF big step side, RF drag toward LF

B4: CROSS ROCK/RECOVER, TRIPLE FULL TURN, JAZZ BOX

- 1-2 RF cross over LF, recover on LF
- 3&4 ¼ turn R & RF step forward, ½ turn R & LF step back, ¼ turn R & RF step side
- 5-8 LF cross over RF, RF step back, LF step side, RF step forward

PART C: 16 counts

C1: HEEL GRIND, BALL, HEEL GRIND, BALL, CROSS, ¼ BACK, COASTER STEP

- 1-2& LF cross heel over RF, RF step side while twisting L-toes to L, LF close next to RF
- 3-4& RF cross heel over LF, LF step side while twisting R-toes to R, RF close next to LF
- 5-6 LF cross over RF, ¼ turn L & RF step back
- 7&8 LF step back, RF close next to LF, LF step forward

C2: HEEL GRIND, BALL, HEEL GRIND, BALL, CROSS, ¼ BACK, ½ TURN TRIPLE IN PLACE

- 1-2& RF cross heel over LF, LF step side while twisting R-toes to R, RF close next to LF
3-4& LF cross heel over RF, RF step side while twisting L-toes to L, LF close next to RF
5-6 RF cross over LF, ¼ turn R & LF step back
7&8 ¼ turn R & RF step in place, LF step in place, ¼ turn R & RF step in place

Start over & have fun!□□
