

# Instruction

拍數: 80      牆數: 2      級數: Easy Intermediate  
編舞者: Wendy Loh (MY) - September 2017  
音樂: Instruction (feat. Demi Lovato & Stefflon Don) - Jax Jones



Dance start on word 'Wind.....'

## Section 1: L Step Touch, R Step Touch, Forward Step Touch, Back Step Touch

1 2 3 4      Step LF to L, Touch RF beside LF, Step RF to R, Touch LF beside RF  
5 6 7 8      Step LF Forward, Touch RF beside LF, Step RF back, Touch LF beside RF

## Section 2: Touch LF to L Hip Bump, Scuff, 1/2Turn, Bend Knees, Straight Both Knees

1 2 3 4      Touch LF to L with Hip Bump to R – 4 times (weight on RF)  
5 6      Scuff LF, 1/2R Turn Step LF to L (6:00)  
7 8      Bend knees and straight both knees

## Section 3: Repeat Section 1 (facing 6:00)

## Section 4: Repeat Section 2

## Section 5: Walk With Knee Pop, Head Turn

1 2 3 & 4      Walk with knee pop on RF, LF, RF, Head Turn to R & Turn back to middle  
5 6 7 & 8      Walk with Knee pop on LF, RF, LF, Head turn to L & Turn back to middle

## Section 6: Cross Side Sailor Step, Cross Side Sailor ¼ Turn

1 2 3 & 4      Cross RF over LF, Step LF to L, Cross RF behind LF, Step LF next to RF, Step RF to R  
5 6      Cross LF over RF, Step RF to R,  
7 & 8      Cross LF behind RF, 1/4L Turn Step LF next to RF, Step LF Forward

## Section 7: Pivot ½ Turn, Walk, Walk –x2

1 2 3 & 4      Step RF(9:00) Forward, Pivot 1/2L Turn, Walk on RF, LF  
5 6 7 & 8      Step RF(3:00) Forward, Pivot 1/2L Turn, Walk on RF, LF

## Section 8: Kick Ball Touch 1/8R Turn x2, Step Back

1 & 2      Kick RF Forward, Step RF on ball, Touch LF to L with 1/8R Turn (facing 10:30)  
3 & 4      Kick LF Forward, Step LF on ball, Touch RF to R with 1/8R Turn (facing 12:00)  
5 6 7 8      Step RF diagonal Back, Step LF diagonal Back, Step RF Back, Step LF Back

## Section 9: Posture

1 2 3 4      Step on RF with weight on Right (1), hold (2,3,4)  
5 6 7 8      Step on LF, change weight to Left (5), hold (6,7,8)

## Section 10: Cross Rock, 1/2Turn, Stomp

1 & 2 &      Cross RF over LF, ball on LF, Step RF to R, ball on LF,  
3 & 4      Cross RF over LF, ball on LF, Step RF to R,  
5 & 6 &      Cross LF over RF, ball on RF, Step LF to L, ball on RF  
7 8      Straightly 1/2R turn Step LF to L, Step RF to R