

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