

My Simple Instruction

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Count: 64

Wall: 2

Level: Phrased Intermediate

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Music: "Instruction" by Jax Jones ft. Demi Lovato & Stefflon Don

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

3-4RF step side and sway R, recover on LF & sway L

5-6RF 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

1-2LF step forward, RF close next to LF

3&4LF step forward, RF close next to LF, LF step forward

5-6RF step forward, make ½ turn L putting weight on LF

7&8RF 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

1-2LF step diagonally L-forward, RF step diagonally R-forward

3&4LF step back, RF close next to LF, LF step forward

5-8RF 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

5-6RF cross over LF, $\frac{1}{4}$ turn R & LF step back

7&8 $\frac{1}{4}$ turn R & RF step in place, LF step in place, $\frac{1}{4}$ turn R & RF step in place

Start over & have fun!

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=119006