## Simple Instruction

Count: 80
Wall: 2
Level: Phrased Intermediate
Choreographer: Nathan Gardiner (SCO) - September 2017
Music: Instruction (feat. Demi Lovato \& Stefflon Don) - Jax Jones

Intro: 8 counts start on word 'Wind'
Sequence: A, B, C, A, B, C, A, B-16 counts, B, C, A, B
Part A - 32 counts
A1: Touch Behind, Unwind Full Turn L, Sway R \& L, Hip Bumps Bending Knees, Hip Bumps Straightening Both Knees
1-2 Touch $L$ behind, Unwind full turn $L$
3-4 Step $R$ to $R$ side swaying hips to $R$ side, Sway hips to $L$ side
5\&6 Bump hips to $R$ side, Bump hips to $L$ side, Bump hips to $R$ side (gradually bending both knees)
$7 \& 8 \quad$ Bump hips to $L$ side, Bump hips to $R$ side, Bump hips to $L$ side (gradually straightening both knees)

## A2: Side Rock, Recover, Behind Side Cross, $1 / 4$ L, Paddle $3 / 4$ L, Cross

1-2 Rock out to $R$ side, Recover on $L$
3\&4 Step R behind L, Step L to L side, Cross R over L
5-6 $\quad 1 / 4 L$ stepping forward on $L, 1 / 4 L$ pointing $R$ to $R$ side
7-8 $\quad 1 / 2 L$ pointing $R$ to $R$ side, Cross $R$ over $L$

## A3: Touch Behind, Unwind Full Turn L, Sway R \& L, Hip Bumps Bending Knees, Hip Bumps Straightening Both Knees <br> 1-2 Touch $L$ behind $R$, Unwind full turn $L$ <br> 3-4 Step $R$ to $R$ side swaying hips to $R$ side, Sway hips to $L$ side <br> 5\&6 Bump hips to $R$ side, Bump hips to $L$ side, Bump hips to $R$ side (gradually bending knees) <br> $7 \& 8 \quad$ Bump hips to $L$ side, Bump hips to $R$ side, Bump hips to $L$ side (gradually straightening both knees)

A4: Side Rock, Recover, Behind Side Cross, $1 / 4$ L, Paddle $3 / 4$ L, Touch Across
1-2 Rock out to $R$ side, Recover on $L$
$3 \& 4 \quad$ Step $R$ behind $L$, Step $L$ to $L$ side, Cross $R$ over $L$
5-6 $\quad 1 / 4 L$ stepping forward on $L, 1 / 4 L$ pointing $R$ to $R$ side
7-8 $\quad 1 / 2 L$ pointing $R$ to $R$ side, Touch $R$ over $L$

## Part B-32 counts

B1: Dorothy R \& L, Rock Forward, Recover, Coaster Step

| $1-2 \&$ | Step forward on $R$, Lock $L$ behind $R$, Step slightly forward on $R$ |
| :--- | :--- |
| $3-4 \&$ | Step forward on $L$, Lock $R$ behind $L$, Step slightly forward on $L$ |
| $5-6$ | Rock forward on $R$, Recover on $L$ |
| $7 \& 8$ | Step back on $R$, Step $L$ next to $R$, Step forward on $R$ |

B2: Rock Forward, Recover, Ball Step Back, Step Back, $1 / 4$ R, Point, 1 L/2 L, Point
1-2\& Rock forward on $L$, Recover on R, Step $L$ next to $R$
3-4 Step back on $R$, Step back on $L$
5-6 $\quad 1 / 4 R$ stepping $R$ to $R$ side, Point $L$ to $L$ side
7-8 $\quad 1 / 2 L$ crossing $L$ over $R$, Point $R$ to $R$ side
B3: Hitch Ball Cross, Side Rock, Recover, Sailor $1 / 2$ R, Walk Forward L \& R

B4: Dorothy L \& R, Rock Forward, Recover, Step Back, $1 / 4$ R
1-2\& Step forward on $L$, Lock $R$ behind $L$, Step slightly forward on $L$
3-4\& $\quad$ Step forward on $R$, Lock $L$ behind $R$, Step slightly forward on $R$
5-6 Rock forward on $L$, Recover on $R$
7-8 Step back on $L, 1 / 4 R$ stepping $R$ to $R$ side
Part C-16 counts
C1: Side L, Hold, Side R, Hold, Jazz Box Touch
1-2 Step $L$ to $L$ side, Hold
3-4 Step $R$ to $R$ side, Hold
5-6 Cross L over R, Step back on R
7-8 $\quad$ Step $L$ to $L$ side, Touch $R$ next to $L$
C2: Side R, Touch, Hip Bump, Side L, Touch, Hip Bump, Sway R \& L, Large Step R, Drag L
\&1\&2 Step R to $R$ side, Touch $L$ next to $R$, Bump $L$ hip up, Bump hip back to centre
\&3\&4 Step $L$ to $L$ side, Touch $R$ next to $L$, Bump $R$ hip up, Bump hip back to centre
5-6 Step $R$ to $R$ side swaying hips to $R$ side, Sway hips to $L$ side
7-8 Large step to $R$ side, Drag $L$ towards $R$
Restart: On the 3rd B dance 16 counts change $1 / 2 \mathrm{~L}$, Point to $1 / 4 \mathrm{~L}$, Point then restart part B
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