Compte: 80
Mur: 2
Chorégraphe: Wendy Loh (MY) - September 2017
Musique: 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
1234 Step LF to L, Touch RF beside LF, Step RF to R, Touch LF beside RF
5678 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
1234 Touch LF to L with Hip Bump to R-4 times (weight on RF)
56 Scuff LF, 1/2R Turn Step LF to L (6:00)
$78 \quad$ 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

123 \& 4 Walk with knee pop on RF,LF,RF, Head Turn to R \& Turn back to middle
567 \&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 $1 / 4$ Turn

123 \& Cross RF over LF, Step LF to L, Cross RF behind LF, Step LF next to RF, Step RF to R
56 Cross LF over RF, Step RF to R,
7 \& $8 \quad$ Cross LF behind RF, 1/4L Turn Step LF next to RF, Step LF Forward
Section 7: Pivot $1 / 2$ Turn, Walk, Walk -x2
123 \& 4 Step RF(9:00) Forward, Pivot 1/2L Turn, Walk on RF, LF
567 \& 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 \& $2 \quad$ Kick RF Forward, Step RF on ball, Touch LF to L with 1/8R Turn (facing 10:30)
3 \& $4 \quad$ Kick LF Forward, Step LF on ball, Touch RF to R with 1/8R Turn (facing 12:00)
5678 Step RF diagonal Back, Step LF diagonal Back, Step RF Back, Step LF Back

## Section 9: Posture

1234 Step on RF with weight on Right (1), hold (2,3,4)
5678 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
78 Straightly 1/2R turn Step LF to L, Step RF to R

