拍数： 64
垟数： 2
级数：Phrased Intermediate
编舞者：Darren Bailey（UK），Jef Camps（BEL），Roy Verdonk（NL）\＆Amy Glass（USA）－


音乐：Instruction（feat．Demi Lovato \＆Stefflon Don）－Jax Jones

\author{
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 \\ 3-4 RF step side and sway R, recover on LF \& sway L \\ 5-6 RF 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

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A2: STEP, TOGETHER, SHUFFLE FWD, STEP, \(1 / 2\) PIVOT, STEP-LOCK-STEP
1-2 LF step forward, RF close next to LF
3\&4 LF step forward, RF close next to LF, LF step forward
5-6 \(\quad R F\) step forward, make \(1 / 2\) turn \(L\) putting weight on \(L F\)
7\&8 RF 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
1-2 LF step diagonally L-forward, RF step diagonally \(R\)-forward
3\&4 LF step back, RF close next to LF, LF step forward
5-8 RF rock forward, recover on LF, RF big step back \& drag LF on heel towards RF, hold

B2：BALL，WALK，WALK， \(1 / 4\) TURN HIP BUMPS，WALK \(3 / 4\) TURN AROUND（IN CIRCLE）
\＆1－2 LF close on ball next to RF，RF walk forward，LF walk forward
\(3 \& 4 \quad 1 / 4\) turn \(L \& R F\) step side \＆bump hip \(R\) ，bring hips back to center，bump hip \(R\)
5－6 \(\quad 1 / 4\) turn \(L\) \＆LF step forward， \(1 / 8\) turn \(L \& R F\) step forward
7－8 \(\quad 1 / 4\) 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）\(\square \square\)
B3：CROSSING SAMBAS，CROSS， \(1 / 4\) BACK， \(1 / 4\) 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， \(1 / 4\) turn L \＆RF step back， \(1 / 4\) 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
\(3 \& 4 \quad 1 / 4\) turn \(R \& R F\) step forward， \(1 / 2\) turn \(R \& L F\) step back， \(1 / 4\) turn \(R \& R F\) 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， \(1 ⁄ 4\) 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\＆\(\quad\) 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， \(1 / 4\) 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, \(1 / 4\) BACK, \(1 ⁄ 2\) 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
5-6 RF cross over LF, \(1 / 4\) turn R \& LF step back
7\&8 \(1 / 4\) turn \(R \& R F\) step in place, LF step in place, \(1 / 4\) turn \(R \& R F\) step in place

Start over \& have fun! \(\square\)```

