

# Instruction

拍數: 48                      牆數: 0                      級數: Phrased Intermediate  
編舞者: Ema Ambunsuri (INA) - February 2019  
音樂: Instruction (feat. Demi Lovato & Stefflon Don) - Jax Jones



**PHRASED: A, B, A, A, B, A, A TAG (AFTER WALL 5) B, A, A**

**START AFTER 16 COUNTS (AFTER LYRIC)**

## **A: 32 COUNTS**

### **SESSION A1: WALK , SIDE MAMBO, SIDE MAMBO**

1 - 2 - 3 - 4      Walk R - L - R - L  
5 - 6              Step R Side - Close R Together  
7-8                Step L Side , Close L Together R

### **SESSION A2 : STEP BACK - JAZZ BOX**

1-2 - 3 - 4      Step Back R , L , R , L  
5 - 6              Cross R Over L , Step L Back  
7 - 8              Step R Beside L , Step L Forward

### **SESSION A3 : FORWARD, IN PLACE, TURN 1/4 RIGHT , FORWARD TOUCH TO TOE , RECOVER , TURN 1/4 RIGHT , FORWARD , PIVOT , FORWARD , IN PLACE**

1-8                Forward R - Step L In Place , Turn 1/4right , ,Forward R Touch To Toe , Recover L On R , Turn 1/4 Right , Forward R Touch To Toe , Forward L , Turn 1/2 Right , Step L In Place , Forward L , R In Place

### **SESSION A4 : TURN 1/4 LEFT, SAILOR STEP, DIAGONAL FORWARD, TOUCH, - DIAGONAL FORWARD, TOUCH , STEP BACK , STEP BACK**

1 & 2              Sweep L , Step R Beside L , Forward L  
3- 4                Diagonal R Forward , Touch L Beside R  
5 - 6                Diagonal L Forward , Touch R Beside L  
7 - 8                Step R Back , Step L Back Together R

## **B : 16 COUNTS**

### **SESSION B1 : STEP SIDE, IN PLACE, CLOSE TOGETHER, STEP SIDE, IN PLACE, CLOSE TOGETHER, STEP SIDE CLOSE TOGETHER - FORWARD SHUFFLE**

1- 2 & 3            Step R To Side , L In Place , Close R Together , Step L Side  
4 & 5 - 6           R In Place , Close L Together R , Step R Side , Close L Together  
7 & 8                Forward R , Close L Together , Forward R

### **SESSION B2 : PIVOT 1/2 RIGHT - FORWARD SHUFFLE - PADDLE TURN 1/4 LEFT - WITH HIP**

1 - 2                Step L Forward , Turn 1/2 Right Step R In Place  
3 & 4                Step L Forward , Step R Beside L , Step L Forward  
5 - 6                Turn 1/4 Left Step R Forward , Step L In Place , With Hip  
7 - 8                Turn 1/4 Left Step R Forward , Step L In Place , With Hip

## **TAG : 16 COUNT AFTER WALL 5**

### **SESSION 1 & SESSION 2 , DIAGONAL FORWARD , TOUCH , BESIDE , STEP BACK , STEP BACK , STEP BACK , STEP BACK**

#### **SESSION 1**

1 - 2                Step R Diagonal Forward , Touch L Beside R  
3 - 4                Step L Diagonal Forward , Touch R Beside L  
5 - 6                Step R Back , Step L Back  
7 - 8                Step R Back , Step L Back

SESSION 2 DO IT TWO TIMES SESSION 1

ENJOY THE DANCE

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