

# My Simple Instruction

Darren Bailey (UK), Jef Camps (BE), Roy Verdonk (NL) & Amy Glass (USA) - June 2017

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

2 wall line dance – Phrased Intermediate – 64 counts – 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

### **A2: STEP, TOGETHER, SHUFFLE FWD, STEP, ½ 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 RF step forward, make ½ turn L putting weight on LF

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, 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 4<sup>th</sup> 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

5-6 RF cross over LF, ¼ turn R & LF step back

7&8 ¼ turn R & RF step in place, LF step in place, ¼ turn R & RF step in place

**Start over & have fun!**