

Simple Instruction

LINEDANCE.COM

Count: 80 **Wall:** 2 **Level:** Phrased Intermediate

Choreographer: Nathan Gardiner (Scotland) September 2017

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

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 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, $\frac{1}{4}$ L, Paddle $\frac{3}{4}$ 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 $\frac{1}{4}$ L stepping forward on L, $\frac{1}{4}$ L pointing R to R side**
- 7-8 $\frac{1}{2}$ 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

- 1-2 Touch L behind R, 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 knees)
- 7&8 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, $\frac{1}{4}$ L, Paddle $\frac{3}{4}$ L, Touch Across

- 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 $\frac{1}{4}$ L stepping forward on L, $\frac{1}{4}$ L pointing R to R side**
- 7-8 $\frac{1}{2}$ 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, $\frac{1}{4}$ R, Point, $\frac{1}{2}$ 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 $\frac{1}{4}$ R stepping R to R side, Point L to L side

7-8 $\frac{1}{2}$ L crossing L over R, Point R to R side

B3: Hitch Ball Cross, Side Rock, Recover, Sailor $\frac{1}{2}$ R, Walk Forward L & R

- 1&2 Hitch R knee up, Step R slightly to R side, Cross L over R
- 3-4 Rock out to R side, Recover on L
- 5&6 Step R behind L, $\frac{1}{4}$ R stepping L to L side, $\frac{1}{4}$ R stepping R to R side
- 7-8 Step forward on L, Step forward on R

B4: Dorothy L & R, Rock Forward, Recover, Step Back, $\frac{1}{4}$ R

- 1-2& Step forward on L, Lock R behind L, Step slightly forward on L
- 3-4& 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, $\frac{1}{4}$ 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** 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 $\frac{1}{2}$ L, Point to $\frac{1}{4}$ L, Point then restart part B

Contact: nathan.gardiner1998@hotmail.co.uk

Last Update - 3rd Sept 2017