

# Instruction

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**Count:** 64

**Wall:** 1

**Level:** Phrased Novice - Non-Country Funky

**Choreographer:** Paul Steinborn - December 2017

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

**Sequence:** A,A,B,C, A,A,B,C, A,A, B,B' ,C',A, A,B

**Part A: 16 counts**

**A1: STEP SIDE R/ SLIDE LF TOGETHER WITH BODYROLL/ BEND KNEES/ COME UP WITH 2 KNEE SPLITTS**

**1,2R Step R, Bodyroll Side R With Armmovement\***

3,4 Bodyroll Side R, L Next To R

5,6 Down, Bend Knees Out

7&8 Up With Two Knee Splits

**A2: OUT-OUT/OUT-OUT/FULL TURN L WITH LIFTED LF/ STEP SIDE L/ HIPROLL L**

**1,2L Step L, R Step R (Recover)**

**3,4L Step L, R Step R (Reover)**

5,6 Full Turn L With L Knee Up, L Step L

7,8 Hip Circle L

**Part B: 32 counts**

**B1: WALK R+L/ ROCK STEP FORWARD R WITH 1/4 TURN L/ BACK R+L/ 1/2 TURN R WITH LIFTED RF AND BODYROLL/ STEP R FORWARD**

**1,2R Step Forward, L Step Forward**

**3,4R Step Forward, 1/4 Turn L, Weight On L**

**5,6R Step Back, L Step Next To R**

**7,8 1/2 Turn R, R Step Forward, L Touch Behind R**

**B2: SWEEP R BACKWARD/ SWEEP L BACKWARD/ COASTER STEP L/ JUMP R - STEP L BEHIND WITH A KICK R - HOLD - JUMP - TOGETHER**

**&1,2L Step Back, R Sweep Back, Weight On R, L Sweep Back**

**3&4L Step Back, R Next To L, L Step Forward**

**5,6R Step Forward, Jump Back On L, Kick R Forward**

**7&8 Hold, Jump With Both Feet Out + In**

**B3: WALK R+L/ HITCH R/ 1/4 TURN R WITH STEP SIDE R/ 4 KNEE POPS R+L+R+L**

**1,2R Step Forward, L Step Forward**

**3,4R Knee Up, 1/4 Turn R, R Step R**

**5&6&R Knee In, Recover, L Knee In, Recover**

**7,8R Knee In, Recover**

**B4: CROSS L/ OUT-OUT/ CROSS R/ OUT-OUT/ CROSS-BACK-SIDE/ TOUCH TOGETHER**

**1&2L Cross Over R, R Diagonal Back, L Next To R**

**3&4R Cross Over L, L Diagonal Back, R Next To L**

**5,6L Cross Over R, R Step Back**

**7,8L Step L, R Touch Next To L**

**Part C:**

**C1: OUT R/ HOLD/ HOLD/ HOLD/ PADDLE 1/4 TURN L/ HOLD/ HOLD/ HOLD**

**1,2R Step Out R, Hold**

**3,4 Hold, Hold**

**5,6 1/4 Turn L, R Step R, Hold**

**7,8 Hold, Hold**

**C2: 1/8 PIVOTTURN L 2x/ CROSS-BACK-SIDE/ JUMP WITH HAND CLAP**

**1,2R Step Forward, Weight Back On L With 1/8 Turn**

3,4 Weight Forward On R, Weight On L With 1/8 Turn

5,6R Cross Over L, L Step Back

7,8R Step R, Jump Up With Both Feet Together (With Clap)

**Part B': 16 COUNTS**

**B'1: WALK R+L/ ROCK STEP FORWARD R WITH 1/4 TURN L/ BACK R+L/ 1/2 TURN R WITH LIFTED RF AND BODYROLL/ STEP R FORWARD**

1,2R Step Forward, L Step Forward

3,4R Step Forward, 1/4 Turn L, Weight On L

5,6R Step Back, L Step Next To R

7,8 1/2 Turn R, R Step Forward, L Touch Behind R

**B'2: SWEEP R BACKWARD/ SWEEP L BACKWARD/ COASTER STEP L/ JUMP R - STEP L BEHIND WITH A KICK R - HOLD - JUMP - TOGETHER**

&1,2L Step Back, R Sweep Back, Weight On R, L Sweep Back

3&4L Step Back, R Next To L, L Step Forward

5,6R Step Forward, Jump Back On L, Kick R Forward

7&8 Hold, Jump With Both Feet Out + In

**Part C': 16 COUNTS**

**C'1: OUT R/ HOLD/ HOLD/ HOLD/ PADDLE 1/4 TURN L/ HOLD/ HOLD/ HOLD**

1,2R Step Out R, Hold

3,4 Hold, Hold

5,6 1/4 Turn L, R Step R, Hold

7,8 Hold, Hold

**C'2: 1/4 PIVOTTURN L 2x/ CROSS-BACK-SIDE/ JUMP WITH HAND CLAP**

1,2R Step Forward With 1/4 Turn L, Weight Back On L

**3,4R Step Forward With 1/4 Turn L, Weight On L**

**5,6R Cross Over L, L Step Back**

**7,8R Step R, Jump Up With Both Feet Together (With Clap)**

**\*Armmovement: Turn Your Arm Like A Lasso From R To L Side**

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