

Simple Instruction 80 Count, 2 Wall, Intermediate (Phrased) Choreographer: Nathan Gardiner (UK) Sept 2017 Choreographed to: Instruction by Demi Lovato

Intro:	8 counts start on word 'Wind'
Sequence:	A, B, C, A, B, C, A, B-16 counts, B, C, A, B
Part A Section 1 1-2 3-4 5&6 7&8	32 counts Touch Behind, Unwind Full Turn L, Sway R & L, Hip Bumps Bending Knees, Hip Bumps Straightening Both Knees Touch L behind, Unwind full turn L Step R to R side swaying hips to R side, Sway hips to L side Bump hips to R side, Bump hips to L side, Bump hips to R side (gradually bending both knees) Bump hips to L side, Bump hips to R side, Bump hips to L side (gradually straightening both knees)
Section 2	Side Rock, Recover, Behind Side Cross, ¼ L, Paddle ¾ 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	¼ L stepping forward on L, ¼ L pointing R to R side
7-8	½ L pointing R to R side, Cross R over L
Section 3 1-2 3-4 5&6 7&8	Touch Behind, Unwind Full Turn L, Sway R & L, Hip Bumps Bending Knees, Hip Bumps Straightening Both Knees Touch L behind R, Unwind full turn L Step R to R side swaying hips to R side, Sway hips to L side Bump hips to R side, Bump hips to L side, Bump hips to R side (gradually bending knees) Bump hips to L side, Bump hips to R side, Bump hips to L side (gradually straightening both knees)
Section 4	Side Rock, Recover, Behind Side Cross, ¼ L, Paddle ¾ 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	¼ L stepping forward on L, ¼ L pointing R to R side
7-8	½ L pointing R to R side, Touch R over L
Part B	32 counts
Section 1	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
Section 2	Rock Forward, Recover, Ball Step Back, Step Back, ¼ R, Point, ½ 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	¼ R stepping R to R side, Point L to L side
7-8	½ L crossing L over R, Point R to R side
Section 3	Hitch Ball Cross, Side Rock, Recover, Sailor ½ 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, ¼ R stepping L to L side, ¼ R stepping R to R side
7-8	Step forward on L, Step forward on R
Section 4	Dorothy L & R, Rock Forward, Recover, Step Back, 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, ¹ / ₄ R stepping R to R side

Part C	16 counts
Section 1	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
Section 2	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

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