

## My Simple Instruction

64 Count, 2 Wall, Intermediate

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Choreographed to: Instruction by Jax Jones,  
ft. Demi Lovato & Stefflon Don

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- Start:** On 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 4th 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

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**Start over & have fun!**