

# Resist

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Marja Urgert (NL) & Jan Van Tiggelen (NL) - December 2018  
音乐: Resist - Shary-An



## Intro: 40 Counts

### Sec 1: Step fwd, Touch, & Step Back, Heel, & Touch, Back Rock, Recover, Shuffle fwd

1-2            RF. Step fwd - LF. Touch toe beside RF  
&3&4        LF. Step back - RF. Dig heel fwd - RF. Step beside LF. LF. Touch toe beside RF  
5-6            LF. Back rock - RF. Recover  
7&8           LF. Step fwd - RF. Step together - LF. Step fwd

### Sec 2: 1/4 Turn L, Touch, & Step L Diagonal Back, Touch, & Step R Diagonal Back, Touch, Back Rock, Recover, Kick-Ball-Cross

1-2            RF. 1/4 Turn L step side - LF. Touch toe beside RF (9:00)  
&3&4        LF. Step diagonal L back - RF. Touch toe beside LF - RF. Step diagonal R back - LF. Touch toe beside RF  
5-6            LF. Back rock - RF. Recover  
7&8           LF. Kick diagonal L fwd - LF. Step beside RF - RF. Cross over LF

### Sec 3: Side Rock, Recover, Behind-Side-Cross, 1/2 Turn R into Cross Shuffle, Step Side, Touch

1-2            LF. Side rock - RF. Recover  
3&4           LF. Cross behind RF - RF. Step side - LF. Cross over RF  
5&6           RF. 1/2 Turn R cross over LF - LF. Step side - RF. Cross over LF (3:00)  
7-8            LF. Step side - RF. Touch toe beside LF

### Sec 4: Behind, Side, Cross Shuffle, 1/4 Turn R, Step Together, Step-Lock-Step

1-2            RF. Cross behind LF - LF. Step side  
3&4           RF. Cross over LF - LF. Step side - RF. Cross over LF  
5-6           LF. 1/4 Turn R step back - RF. Step together (6:00)  
7&8           LF. Step fwd - RF. Lock behind LF - LF. Step fwd

### Sec 5: Volta Steps with 1/2 Turn R, Volta Steps with 3/4 Turn L

1&2&        RF. 1/8 Turn R step fwd (7:30) - LF. Lock behind RF - RF. 1/8 Turn R step fwd (9:00) - LF. Lock behind RF  
3&4           RF. 1/8 Turn R step fwd (10:30) - LF. Lock behind RF - RF. 1/8 Turn R step fwd (12:00)  
5&6&        LF. 1/4 Turn L step fwd (9:00) - RF. Lock behind LF - LF. 1/8 Turn L step fwd (7:30) - RF. Lock behind LF  
7&8           LF. 1/8 Turn L step fwd (6:00) - RF. Lock behind LF - LF. 1/4 Turn L step fwd (3:00)

### Sec 6: Cross Rock, Recover, Chasse, Cross Rock, Recover, Chasse with 1/4 Turn L

1-2            RF. Cross rock over LF - LF. Recover  
3&4           RF. Step side - LF. Step together - RF. Step side  
5-6           LF. Cross rock over RF - RF. Recover  
7&8           LF. Step side - RF. Step together - LF. 1/4 Turn L step fwd (12:00)

### Sec 7: Skate R fwd, Skate L fwd, Kick-Ball-Step, Rock fwd, Recover, Shuffle 1/2 Turn R

1-2            RF. Skate fwd - LF. Skate fwd  
3&4           RF. Kick fwd - RF. Step together - LF. Step fwd  
5-6           RF. Rock fwd - LF. Recover  
7&8           Shuffle 1/2 turn R stepping R,L,R (6:00)

**Sec 8: Step fwd, 1/4 Turn R, Cross, Point, R Sailor Step, L Sailor Step**

1-2-3-4      LF. Step fwd - 1/4 Turn R - LF. Cross over RF - RF. Point toe to R side (9:00)

5&6          RF. Cross behind LF - LF. Step side - RF. Step side

7&8          LF. Cross behind RF - RF. Step side - LF. Step fwd

**Start Again**

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