

Respect (CBA 2024)

COPPERKNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Phrased Intermediate
编舞者: Mark Furnell (UK) & Chris Godden (UK) - December 2023
音乐: Dreamers (Music from the FIFA World Cup Qatar 2022 Official Soundtrack) - Jung Kook



Intro: i{ 32 }Counts, Start at approx x{ 17 }secs

Sequence: s{ A, B, B (48 Counts), A, B, A, B }

Part A: 32c

SEC 1 Arm Raise, Arm Pull

1-4 Raise right arm to right side to shoulder height palm up over 4 counts

5-8 Pull right arm towards body with closed fist over 4 counts

SEC 2 Arm Raise, Arm Pull

1-4 Raise left arm to left side to shoulder height palm up over 4 counts

5-8 Pull left arm towards body with closed fist over 4 counts

SEC 3 Raise Arms, Open Arms

1-4 With left arm crossed over right raise both arms to shoulder height over 4 counts

5-8 Open both arms to respective side

SEC 4 Raise Arms, Pull Arms

1-4 Drop arms down then raise both arms up in front of body palms up over head height over 4 counts

5-8 Pull both arms down with closed fists over 4 counts

Part B: 64c

Note Second time Part B is danced omit the Arms in SEC 1 to SEC 4

SEC 1 Rock, Side Rock, Weave, Together, 1/8 Jazzbox

1& Rock right forward, recover weight onto left

2& Rock right to right, recover weight onto left

3&4 Step right behind left, step left to left, cross right over left

&5-6 Step left beside right, turn 1/8 left cross right over left, step left back (10:30)

7-8 Step right to right, step left forward

Arms On count 8 take right arm to right side at shoulder height

SEC 2 Together, Hold, Back, 1/8 Side, Weave

1-2 Step right beside left, hold

Arms On count 1 place right fist on heart with closed fist

Note On second time Part B is dance, Pop both knees forward instead of Holding on count 2

3-4 Step left back, turn 1/8 right step right to right (12:00)

5-6 Cross left over right, step right to right

7-8 Step left behind right, step right to right

SEC 3 Rock, Side Rock, Weave, Together, 1/8 Jazzbox

1& Rock left forward, recover weight onto right

2& Rock left to left, recover weight onto right

3&4 Step left behind right, step right to right, cross left over right

&5-6 Step right beside left, turn 1/8 right cross left over right, step right back (1:30)

7-8 Step left to left, step right forward

Arms On count 8 take right arm to right side at shoulder height

SEC 4 Together, Hold, Back, 1/8 Side, Weave

1-2 Step left beside right, hold

Arms On count 1 place right fist on heart with closed fist

Note On second time Part B is dance, Pop both knees forward instead of Holding on count 2

3-4 Step right back, turn $\frac{1}{8}$ left step left to left (12:00)

5-6 Cross right over left, step left to left

7-8 Step right behind left, step left to left

SEC 5 Samba Step, Samba Step, Cross, $\frac{1}{2}$ Hinge, Touch

1&2 Cross right over left, rock left to left, recover weight onto right

3&4 Cross left over right, rock right to right, recover weight onto left

5 Cross right over left

6-7 Turn $\frac{1}{4}$ right step left back, turn $\frac{1}{4}$ right step right to right (6:00)

8 Touch left beside right

SEC 6 Dorothy Step, Dorothy Step, Step, $\frac{1}{2}$ Bounce Heels, Sweep

1-2& Step left forward to left diagonal, lock right behind left, step left forward

3-4& Step right forward to right diagonal, lock left behind right, step right forward

***Restart Here second time Part B is danced, add the following then restart**

***5 Step left to left**

***6-8 Hold for 3 counts.**

5 Step left forward

6-8 Turn $\frac{1}{2}$ right bouncing both heels twice, sweep right from front to back (12:00)

SEC 7 Sailor Step, $\frac{1}{4}$ Sailor Step, Rock Sweep, Back Sweep, Weave

1&2 Step right behind left, step left to left, step right to right

3&4 Step left behind right, step right to right, turn $\frac{1}{4}$ left step left forward (9:00)

5-6 Rock right forward, recover weight onto left sweeping right from front to back (9:00)

7 Step right back sweeping left from front to back

8&1 Step left behind right, step right to right, cross left over right

SEC 8 Hold, Ball Touch, $\frac{1}{2}$ Unwind, Step, $\frac{1}{2}$ Pivot, $\frac{1}{4}$ Side, Together Pop Knee

2&3 Hold, step right to right, touch left behind right

4 Unwind $\frac{1}{2}$ left transferring weight on to left (3:00)

5-6 Step right forward, pivot $\frac{1}{2}$ left transferring weight on to left (9:00)

7-8 Turn $\frac{1}{4}$ left step right to right, step left beside right popping right knee

Ending At the end of the dance on last touch, Tap right fist on heart twice

Last Update: 30 Jan 2024
