

Respect

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Diana Riley (CAN)
音乐: Respect - P!nk



RIGHT KICK BALL LUNGE, LEFT KICK BALL LUNGE, ½ TURN RIGHT WITH BODY ROLL, SHOULDER ROLL BACK

1&2 Kick right forward, step right beside left, point left back (lunge)
3&4 Kick left forward, step left beside right, point right back (lunge)
5-6 With knees slightly bent make ½ turn to right, straighten out legs into body roll
7-8 Roll shoulders up, back, down

RIGHT SAILOR, STEP RIGHT, STEP LEFT, TOUCH LEFT BESIDE RIGHT, LEFT ¼ TURN TO LEFT, STEP RIGHT, STEP LEFT, TOUCH RIGHT

1&2 Step right behind left, step left in place, step right to right
&3-4 Step left beside right, step right to right side, touch left beside right
5-6 ¼ turn to left stepping forward on left, step right next to left
7-8 Step forward on left, touch right toe beside left

RIGHT KICK BALL POINT, CROSS LEFT OVER RIGHT MAKING ½ TURN RIGHT, LEFT HEEL JACK, WALK RIGHT AND LEFT

1&2 Kick right forward, step right beside left, point left toe to left side
3-4 Cross left over right while making ½ turn to right transferring weight to left
&5&6 Step back on right, left heel forward, step left back, touch right toe beside left
7-8 Walk forward right, walk forward left

RIGHT SAILOR, LEFT SAILOR, LEFT BEHIND RIGHT WITH WHOLE TURN TO RIGHT, LEFT FORWARD, TOUCH RIGHT

1&2 Step right behind left, step left in place, step right to right
3&4 Step left behind right, step right in place, step left to left
5-6 Cross left behind right, make full turn to right weight on right
7-8 Step forward on left, touch right beside left

REPEAT

RESTART

On 9th wall after the 16th count (vocals = one, two, three, four)
