

Respect

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Di From Dubai (UAE)
音乐: Casanova - Paulina Desamontes



HEEL, TOE, KICK BALL TOUCH; HEEL, TOE, KICK BALL TOUCH

- 1-2 Touch right heel forward, touch right toes back
- 3&4 Kick right foot forward, step right foot next to left foot, touch left foot next to right foot
- 5-6 Touch left heel forward, touch left toes back
- 7&8 Kick left foot forward, step left foot next to right foot, touch right foot next to left foot

ROCK FORWARD ON RIGHT, RECOVER, BACK SHUFFLE STEP BACK, PIVOT ½ TURN, LEFT COASTER STEP

- 1-2 Rock forward on right foot, recover weight to left foot
- 3&4 Step back on right foot, step left foot beside right, step back on right foot
- 5-6 Step back on left foot directly behind right foot pivot ½ turn left on balls on feet (weight on right foot)
- 7&8 Step back on left foot, step right foot next to left foot, step forward on left foot

CROSS ROCK, ½ TURN TRIPLE STEP TWICE

- 1-2 Rock right foot over left foot, recover weight on left foot
- 3&4 Step right-left-right while making ½ turn to right
- 5-6 Rock left foot over right foot, recover weight on right foot
- 7&8 Step left-right-left while making ½ turn to left

FULL TURN TRIPLE STEP, LEFT COASTER STEP, ¼ TURN CHASSE RIGHT, CHASSE LEFT

- 1&2 Step right-left-right while making a full turn to the left
- 3&4 Step back on left foot, step right foot next to left foot, step left foot forward
- 5&6 Step right foot forward while turning ¼ turn to left, step left foot next to right foot, step right foot to right side
- 7&8 Step left foot to left side step right foot next to left foot, step left foot to left side

REPEAT

Alternative steps

- 28&29 Forward right mambo step - rock right foot forward, rock back on left foot, touch right foot next to left foot