

# Respect

拍数: 40      墙数: 4      级数: Intermediate  
编舞者: Nicola Lafferty (UK) & Kate Tinsley  
音乐: Respect - United Against Racism



## HITCH SLIDE, SAILOR STEP, SIDE SWITCHES

- &1 Hitch right knee, step right a large step to right side
- 2 Hold
- 3&4 Left sailor step
- &5 Step right beside left, point left foot out to left side
- 6 Hold
- &7 Step left beside right, point right foot out to right side
- &8 Step right beside left, point left foot out to left side

## HITCH TURN, COASTER STEP, HIP BUMP, ¼ MAMBO TURN

- &1 Hitch left knee, quickly make ½ turn by right and point left foot to left side
- 2 Hold
- 3&4 Left coaster step
- 5-6 Touch right foot forward, bumping right hip forward, step down on right foot
- 7&8 Step forward left, ¼ pivot right, cross left over right

## SIDE STEP, JUMP FORWARD & BACK, 2 WALKS, ½ PIVOT STEP

- 1-2 Step right a large step to right side, step left beside right
- &3 Jump right foot forward, jump left foot forward next to right (pushing hips forward)
- &4 Jump right foot back, jump left foot back next to right (pushing hips back)
- 5-6 Walk forward right, walk forward left
- 7-8 ½ pivot right, step forward left

## HITCH POINT ¾ TURN, TOE TOUCHES, KICKS

- &1&2&3&4 Making a ¾ turn over your left shoulder, hitch right knee, point right foot to right side - repeat 3 times to complete the ¾ turn
- 5& Touch right beside left, step right beside left
- 6& Touch left beside right, step left beside right
- 7& Kick right foot forward, step right beside left
- 8& Kick left foot forward, step left beside right

## STEP, HEAD TURN, HEEL TWISTS, ROLLING TURN

- 1-2 Step right foot forward, keep feet where they are, turn head ¼ turn left
- 3&4 Making ¼ turn left, twist heels right, left, right
- 5-6-7-8 Make a full rolling vine turn to left, touch right beside left

## REPEAT

## RESTART

After count 32 on wall 4, complete the kicks and start the dance again from the start