

Respect Yourself A Little

拍数: 64 墙数: 2 级数: Improver
编舞者: Hanne Jensen (DK) & Niels Poulsen (DK) - March 2009
音乐: Respect Yourself - The Weather Girls



Intro: 32 count from beat (app. 23 sec. into track).

Note: This is a floor split to the Intermediate dance 'Respect Yourself' by Frankie Cull.

Several steps are inspired by 'Respect Yourself' so that dancers doing 'Respect Yourself' or 'Respect Yourself A Little' will be doing the moves at the same time.

(1-8) Kick R Over L, Side R, Kick L Over R, Side L, R Jazz Box, Touch

- 1-2 Cross kick R over L, step R to R side [12:00]
- 3-4 Cross kick L over R, step L to L side [12:00]
- 5-7 Cross R over L, step back on L, step R to R side [12:00]
- 8 Touch L next to R [12:00]

(9-16) Kick L Over R, Side L, Kick R Over L, Side R, Dip, Together, R Side Rock

- 1-2 Cross kick L over R, step L to L side [12:00]
- 3-4 Cross kick R over L, step R to R side [12:00]
- 5-6 Dip down in both knees, straighten both knees stepping L next to R (weight on L) [12:00]
- 7-8 Rock R to R side, recover to L foot [12:00]

(17-24) Shuffle back R, Shuffle back L, Diagonally back touch x 2

- 1&2 Step back R, step L next to R, step back R [12:00]
- 3&4 Step back L, step R next to L, step back L [12:00]
- 5-6 Step diagonally back on R, touch L next to R [12:00]
- 7-8 Step diagonally back on L, touch R next to L [12:00]

(25-32) Pop Walks Fw R L R L, Rocking Chair R

- 1 Step fw R bringing L beside R and popping L knee [12:00]
- 2 Step fw L bringing R beside L and popping R knee [12:00]
- 3-4 Repeat the 2 counts above (ie. count 25-26) [12:00]
- 5-6 Rock fw on R, recover on L [12:00]
- 7-8 Rock back on R, recover on L [12:00]

(33-40) Step ½ L, Shuffle R, Step ½ R, Shuffle L

- 1-2 Step fw R, turn ½ L stepping fw on L [06:00]
- 3&4 Step fw on R, bring L next to R, step fw on R [06:00]
- 5-6 Step fw on L, make ½ turn R stepping fw on R [12:00]
- 7&8 Step fw on L, bring R next to L, step fw on L [12:00]

(41-48) Step ½ L, ½ L, 1/4 L, R Jazz Box, Step Fw L

- 1-2 Step fw R, make ½ turn L stepping fw on L [06:00]
- 3-4 Turn ½ L stepping back on R, make 1/4 L stepping L to L side [09:00]
- 5-7 Cross R over L, step back on L, step R to R side [09:00]
- 8 Step fw L [09:00]

(49-56) Step ¼ Turn L With Swivel, Swivels To L Side, Cross Rock R, Side Rock R

- 1 Step fw R [09:00]
- 2 Turn ¼ L while twisting both heels R [06:00]
- 3-4 Twist both heels L, twist both toes L (weight on L foot) [06:00]

5-6 Cross rock R over L, recover weight to L [06:00]
7-8 Rock R to R side, recover weight to L [06:00]

(57-64) Cross R, Side L, Sailor R, Cross L, Side R, Sailor L

1-3 Cross R over L, step L to L side 06:00
3&4 Cross R behind L, step L to L side, step R small step to R side 06:00
5-6 Cross L over R, step R to R side 06:00
7&8 Cross L behind R, step R to R side, step L small step to L side 06:00

Enjoy!
