

Respect

拍數: 96
編舞者: Marilyn Lowery - February 2016
音樂: Respect - Aretha Franklin

牆數: 1

級數: Phrased Improver



Sequence of Dance: AA AB AC A Ending

INTRODUCTION (16 ct.)(Start Dance on Lyrics)

PART A: (40 ct.) Main Melody, Music & Lyrics

A1: (1-8) □ 2 BASICS RIGHT AND LEFT

1,2,3,4 Step R to R side, step L together, Step R to R side, touch L beside R

5,6,7,8 Step L to L side, step R together, Step L to L side, touch R beside L

A2: (9-16) □ Repeat: 2 BASICS RIGHT AND LEFT

1,2,3,4 Step R to R side, step L together, Step Right to R side, touch L beside R

5,6,7,8 Step L to L side, step R together, Step L to L side, touch R beside L

A3: (17-24) □ 4 STEP TOUCHES ¼ TURN LEFT ON EACH (TO END FACING FRONT)

1,2,3,4 ¼ turn L stepping with R, touch L next to R; ¼ turn L stepping with L, touch R next to L

5,6,7,8 ¼ turn L stepping with R, touch L next to R; ¼ turn L stepping with L, touch R next to L

A4: (25-32) □ 4 STEP TOUCHES, IN PLACE (FEET REMAIN SHOULDER WIDTH APART)

1,2,3,4 Step R on R side, touch L on L side; Step L on L side, touch R on R side

5,6,7,8 Step R on R side, touch L on L side; Step L on L side, touch R on R side

(Weight and Hips shift from side to side with each Step and Touch)

A5: (33-40) □ ROCK RECOVER FORWARD AND BACK, SHUFFLE IN PLACE, (DO TWICE)

1,2,3,4 (Angle R side of body to front), Rock R fwd, recover back on L; Shuffle in place R,L,R

5,6,7,8 (Angle L side of body to front), Rock L fwd, recover back on R; Shuffle in place L,R,L

PART B: (32 ct.) Music, No Lyrics

B 1: (1-8) □ 4 DIAGONAL STEP AND SLIDES / TEMPTATION WALKS FORWARD

1,2,3,4 Step R diagonally fwd to R, slide L beside R; Step L diagonally fwd to L, slide R beside L

5,6,7,8 Step R diagonally fwd to R, slide L beside R; Step L diagonally fwd to L, side R beside L

(Temptation Walks: Step on ball of foot to lift feet up and down, on each 'Slide').

B2: (9-16) □ VINE TO THE RIGHT, TURN ½ TO RIGHT WITH A HITCH, VINE TO THE LEFT

1,2,3,4 Step R to R side, cross L behind R, step R to R side, turn ½ to R lifting L foot (hitch)

5,6,7,8 Step L to L side, cross R behind L, Step L to L side, touch R next to L

B3: (17-24) □ REPEAT 4 STEP AND SLIDES FORWARD/ TEMPTATION WALKS

1,2,3,4 Step R diagonally fwd to R, slide L beside R; Step L diagonally fwd to L, slide R beside L

5,6,7,8 Step R diagonally fwd to R, slide L beside R; Step L diagonally fwd to L, slide R beside L

B4: (25-32) □ REPEAT VINE TO RIGHT WITH ½ TURN TO RIGHT WITH A HITCH, VINE TO LEFT

1,2,3,4 Step R to R side, cross L behind R, step R to R side, turn ½ to R lifting L foot (hitch)

5,6,7,8 Step L to L side, cross R behind L, step L to L side, touch R next to L

PART C: (16 ct.) R-E-S-P-E-C-T Spelled Out

C1: (1-4) □ STEP RIGHT AND LEFT FOOT SHOULDER WIDTH APART, ARMS AT SIDES PALMS DOWN

&1 Step right to right, step left to left (Feet shoulder width apart)

2,3,4 Hold Pose with Arms at sides, palms open, facing down

C2: (5-8) □ 4 HIP BUMPS TO RIGHT; SHAKE LEFT INDEX FINGER WITH EACH BUMP

(Start with L hand on L hip; R hand is closed in a fist with index finger pointed up)

On Each count move finger a few inches across body from L to R at level of chest)

1,2,3,4 Hip Bump R, Finger Shake (FS); Hip Bump R, FS; Hip Bump R, FS; Hip Bump R, FS

C3: (9-12) □ TWO ½ PIVOTS TURNING LEFT

1,2,3,4 Step R Fwd, turn ½ to L, step wt to L. Step R Fwd, turn ½ to L, step weight to L

C4: (13-16) □ JAZZBOX

1,2,3,4 Step R over L, step back on L, step R to R, step L next to R

ENDING: (8)ct. As Music Fades

ROCK RECOVER FORWARD AND BACK, SHUFFLE IN PLACE (DO TWICE)

1,2,3,4 (Angle R side of body to front), Rock R Fwd, recover back on L; Shuffle in place R,L,R

5,6,7,8 (Angle L side of body to front), Rock L Fwd, recover back on R; Shuffle in place L,R,L □ Pose
with Hands on Hips

DANCE WITH "ATTITUDE"!

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