

Respect

拍數: 40 牆數: 4 級數: Beginner
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音樂: Respect - Aretha Franklin



Intro : 16 counts

Restart : 1 during Wall 4 after Charleston Steps, you will face 12h

Tags : No

Final : Last wall starts facing 6h.

After Section no3, add a Pivot 1/2 left turn to finish to the front, voilà!

Sec. 1 Side, Hold, 1/2 circle with Bump right, left, Diagonal-Touch forward, Diagonal-Touch forward

- 1-2 RF to right side (1), Hold (2) (w.o. RF) (12h)
- 3-4 Bump to the right (3), Making a 1/2 circle from right to left and recover on LF (4) (w.o. LF) (12h)
- 5-6 RF forward on diagonal (5), Touch LF next to RF (6) (w.o. RF) (12h)
- 7-8 LF forward on diagonal (7), Touch RF next to LF (8) (w.o. LF) (12h)

Sec. 2 Vine right with Touch (snap to right), Left Rolling Vine with Touch (snap to left)

- 1-2 RF to right (1), Cross LF behind RF (2) (w.o. LF) (12h)
- 3-4 RF to right (3), Touch LF next to RF (4) snap fingers while looking to right (option) (w.o. RF) (12h)
- 5-6 1/4 left turn with LF (5) (9h), 1/2 left turn with RF (6) (w.o. RF) (3h)
- 7&8 1/4 left turn with LF (7), Touch RF next to LF snap fingers while looking to left (option) (8) (w.o. LF) (12h)

Sec. 3 Side, Hold, 1/2 circle with Bump right, left, Diagonal-Touch back, Diagonal-Touch back

- 1-2 RF to right side (1), Hold (2) (w.o. RF) (12h)
- 3-4 Bump to the right (3), Making a 1/2 circle from right to left and recover on LF (4) (w.o. LF) (12h)
- 5-6 RF back diagonal (5), Touch LF next to RF (6) (w.o. RF) (12h)
- 7-8 LF back diagonal (7), Touch RF next to LF (8) (w.o. LF) (12h)

Sec. 4 Charleston Steps with 1/4 left turn

- 1-4 Point RF forward (1), Recover on RF (2), Point LF back (3), Recover on LF (4) (w.o. LF) (12h)
- 5-6 Making a 1/4 left turn, Point RF forward (5), Recover on RF (6) (w.o. RF) (9h)
- 7-8 Point LF back (7), Recover on LF (8) (w.o. LF) (9h)

** Restart here facing 12h during Wall 4.

Sec. 5 Side-Touch, Side-Touch, Twists X4

- 1-4 RF to right (1), Touch LF next to RF (2), LF to left (3), Touch RF next to LF (4) (w.o. LF) (9h)
- 5-8 Turn both heels to right (5), to left (6), to right (7), to center (8) (w.o. LF) (9h)

** While these twists, you can add your flavor, you may groove your upper body with palms facing down, you may have arms up and wave them, as you wish!. You may just twist with your upper body, if you don't want to turn heels, it's OK too!!

Have fun with this lovely dance !