No Respect

拍數: 32

級數: Beginner

編舞者: Susan Reynolds (USA) - February 2025

音樂: 9 To 5 - Dolly Parton

Intro: 2 - 8 counts. Start with Singing

SIDE MAMBO, COASTER, 2 LOCK STEPS

- 1&2 Step R to R side, , Recover on L in place,, Step R beside L
- 3&4 Step L back, Step R back beside L, Step L forward
- 5&6 Step R forward, Step L behind R, Step R forward
- 7&8 Step L forward, Step R behind L, Step L forward

RESTART HERE ON WALL 4 AFTER 8 COUNTS Facing 9:00

MAMBO RIGHT AND LEFT, HEEL SWITCHES, HEEL, CLAP, CLAP

- 1&2 Rock R to side, Recover L in place, Step R beside L
- 3&4 Rock L to side, Recover R in place, Step L beside R
- 5&6& Place R heel forward, Step R back in place, Place L heel forward, Step L heel back in place
- 7&8 Place R heel forward (7) as Clap (&), Clap (8)

SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE TURN ¼ RIGHT

- 1-4 Rock R to side, Recover on L, Step R behind L, Step L to side, Cross R in front of L
- 5-8 Rock L to side, Recover on R, Step L behind R, Step R as turn 1/4 to R, Step L beside R

1/2 K STEP, WALK BACK 2X, HEEL, CLAP, CLAP

- 1-2 Step R diagonally forward, Touch L beside R
- 3-4 Step L diagonally back to place, Touch R beside L
- 5-6 Walk back R L
- 7&8 Place R heel forward (7) as Clap (&), Clap (8)

RESTART: ON WALL 4 AFTER 8 COUNTS Facing 9:00

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牆數:4