

R-E-S-P-E-C-T

拍數: 40 牆數: 4 級數:
編舞者: Peter Metelnick (UK)
音樂: Respect - Reba McEntire



RIGHT TO RIGHT SIDE, SLIDE TOGETHER, HEEL SWITCHES, LEFT FORWARD ROCK & RECOVER, ½ TURNING TRIPLE LEFT

- 1-2 Step right foot to right side, slide left foot together (weight remains on right foot)
- 3&4 Touch left heel forward, step left foot together, touch right heel forward
- &5-6 Step right foot together, step left foot forward and rock forward, recover weight on right foot
- 7&8 Turn ½ left and step left foot forward, step right foot together, step left foot together (end facing back wall)
- 9-16 Repeat first 8 counts to end facing front wall

WALK FORWARD 2, TOUCH RIGHT TOGETHER, RIGHT BACK, LEFT HEEL FORWARD, LEFT BACK, RIGHT FORWARD. ½ LEFT PIVOT TURN, WALK FORWARD 2

- 1-2 Step right foot forward, step left foot forward
- 3&4 Touch right toes together, step right foot back, touch left heel forward
- &5-6 Step left foot in place, step right foot forward, pivot ½ left (now facing back wall)
- 7-8 Step right foot forward, step left foot forward

FUNKY HEEL PRESSES, FUNKY JAZZ BOX WITH ¼ RIGHT TURN

- &1&2 Raise right heel up, press right heel down, raise right heel up, press right heel down
- &3&4 Raise left heel up, press left heel down, raise left heel up, press left heel down (weight remains on right foot)
- &5-6 Step left foot slightly back, cross step right foot over left, step left foot back
- 7-8 Turn ¼ right and step right foot to right side, step left foot together

JAZZ JUMP FORWARD, HOLD & CLAP, JAZZ JUMP BACK, HOLD & CLAP, SHAKE IT!

- &1-2 Step right foot forward, step left foot forward, hold & clap
- &3-4 Step right foot back, step left foot back, hold & clap (weight ends on left foot)
- 5-6 Bump hips right twice
- 7-8 Bump hips left twice (weight ends on left foot)

REPEAT

Well, top UK Choreographed by Chris Hodgson has been inspiration again! First it was her shower where I came up with the steps to the dance "Out of Habit" and now it's "R-E-S-P-E-C-T" which was choreographed in her kitchen, dining room & laundry room. Thanks Chris. One of these days we will get to choreograph a dance together!!

Dance as written for the first 3 walls. On the 4th wall (right side wall) end with the jazz box to face the front wall (omit the final 8 counts 33-40) & then start the dance from the beginning to keep the dance phrasing properly. Enjoy & have fun!