Respect??

拍數: 40

級數: Beginner

**編舞者:** Jean Rowe (USA)

音樂: Respect - Aretha Franklin

### STEP TO RIGHT, TOUCH LEFT, CLAP, STEP TO LEFT, TOUCH RIGHT, CLAP, 2X

- 1-2 Large step to right, touch your left toe next to right and clap
- 3-4 Large step to left, touch right toe next to left and clap
- 5-6 Large step to right, touch left toe next to right and clap
- 7-8 Large step to left, touch right toe next to left and clap

### WALK AROUND IN A CIRCLE TO YOUR RIGHT

1-4 Step right ¼ turn to right, step left ¼ turn to right, step right ¼ turn to right, step left ¼ turn to right bringing you back to starting point

### HAND JIVE WITH HIP BUMPS

- 5-6 Move right hand over left hand two (2 times) as you are moving left hand under right hand (bump hips right 2x)
- 7-8 Move left hand over right hand two (2 times) as you are moving right hand under left hand (bump hips left 2x)

# TOUCH RIGHT FOOT TO RIGHT 2X, TOUCH LEFT FOOT TO LEFT 2X WITH ARM EXTENSIONS AND SNAPS

- 1-4 Touch right toe out to right side as you extend both arms to right; touch right toe next to left foot as you bring both arms back and snap (2x) (snaps on 2 & 4 ct.)
- 5-8 Touch left toe out to left side as you extend both arms to left; touch left toe next to right foot as you bring both arms back and snap (2x) (snaps on 6 & 8 ct.) (on ct. 8 weight left)

### WALK FORWARD RIGHT-LEFT-RIGHT, KICK LEFT & CLAP ; WALK BACK LEFT-RIGHT-LEFT, TOUCH RIGHT

- 1-4 Step right forward, left, right. Kick your left foot forward and clap
- 5-8 Step left back, right, left; touch right toe next to left foot

# TOUCH RIGHT FOOT TO RIGHT SIDE & HOME, CLAP, TOUCH LEFT FOOT TO LEFT SIDE & HOME, CLAP, REPEAT

(Arm movements - you will basically be making an "x" with your arms while doing the foot movement). When touching to right side, your arms are up in the air in a "v"; when stepping foot home, your hands come together to clap. When touching to left side, your arms are down in an upside down "v"; when stepping foot home, your hands come together to clap

- 1-2 Touch right foot to right side; step right foot home & clap
- 3-4 Touch left foot to left side; step left foot home & clap
- 5-6 Touch right foot to right side; step right foot home & clap
- 7-8 Touch left foot to left side; step left foot home & clap

#### REPEAT





**牆數:**1