

Respect

拍數: 40

牆數: 2

級數: Novice / Newcomer West Coast
Swing



編舞者: Dutch Delight (NL) - March 2008

音樂: R.E.S.P.E.C.T. - The Blues Brothers & Aretha Franklin

Walks, ½ turn left and step to right, hold, hiproll.

- 1 RF Walk forward
- 2 LF Walk forward
- 3 RF Walk forward
- 4 LF Walk forward
- 5 RF ½ turn left and step RF to right side
- 6 Hold
- 7-8 Roll hips from left to right

Toe-heel with hip bumps, ¼ turn with heel- toe, heel-toe to left.

- 1 RF Touch forward while pushing R.hip forward
- 2 RF Step on RF
- 3 LF Touch forward while pushing L.hip forward
- 4 LF Step on LF

Optional: Make a full turn left on counts 1 till 4

- 5 RF ¼ turn right and touch R.heel in front of LF
- 6 RF Step on RF
- 7 LF Touch L.heel to left side
- 8 LF Step on LF

½ turn left and step to right, drag, sailorstep, step diag. fwd, hold, shuffle fwd.

- 1 RF ½ turn left and big step to right side
- 2 LF Drag LF towards RF
- 3 LF Cross behind RF
- & RF Small step to right side
- 4 LF Small step to left side
- 5 RF Step diagonally right forward
- 6 Hold
- 7 LF Step forward
- & RF Step together
- 8 LF Step forward

Step fwd, swivels with ½ turn left, jazz box with ¼ turn right.

- 1 RF Step forward
- 2-3-4 Swivel 3 times to right making a ½ turn left with hip movements, weight ends on LF
- 5 RF Cross in front of LF
- 6 LF ¼ turn right and step backwards
- 7 RF Step to right side
- 8 LF Step forward

Skate right, left 2x, step fwd, swivels with ½ turn left.

- 1 RF Skate forward
- 2 LF Skate forward
- 3 RF Skate forward
- 4 LF Skate forward

Optional: Boogie walks (Small step forward outside edge of foot rolling knees to right or left)

5 RF Step forward
6-7-8 Swivel 3 times to right making a ½ turn left with hip movements, weight ends on LF

Restart

Dance the 4th wall until count 32 and start over again.

Tag

After the 5th wall submit 16 counts

1 t o 4 Step diagonally right forward and make a pose during 4 counts

5 t o 8 Step diagonally left forward and make a pose during 4 counts

Repeat this 8 counts.
