

Respect Yourself

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Respect Yourself - The Weather Girls



(1-8) Kick, Kick, Kick, Hitch, Coaster Step, 2 Paddles Right (3/4 turn in total).

- 1& Kick Right foot diagonally forward in front of Left, replace Right foot next to Left
- 2& Kick Left foot diagonally forward in front of Right, replace Left foot next to Right
- 3-4 Kick Right foot diagonally forward in front of Left, hitch Right knee forward to 12 o'clock
- 5&6 Step back on Right, step Left next to Right, step forward on Right
- &7 Make a ¼ turn to right on right foot, touch left toe to left side
- &8 Make a ½ turn to right on right foot, touch left toe to left side (9 o'clock)

(9-16) Cross, Back, Together, ¾ Pivot, Demi Plie, Together, Pop Knees.

- 1&2 Cross step Left foot across in front of Right, step Right foot slightly back, step Left foot next to Right foot pushing backside backwards
- 3-4 Plonk Right foot forward, turn ¾ Left (12 o'clock)
- 5-6 Open Right foot to Right side (dipping down), step Left foot next to Right (standing up)
- 7-8 Bend Right knee in front of Left, recover bending Left knee in front of Right

(17-24) Turn ½ Right Touch, Turn ½ Right Touch, Pony, Pony.

- &1-2 Recovering weight onto Left turn ½ Right, step forward on Right. Touch Left foot next to Right (6 o'clock)
- 3-4 Turn ½ Right, step back on Left. Touch Right foot next to Left (12 o'clock)
- 5&6 Step back slightly on Right, ball step Left next to Right, recover weight on Right
- 7&8 Step back slightly on Left, ball step Right next to Left, recover weight on Left

(25-32) 4 Chugs Forward, 3 Hip Bumps, Kick Left foot.

- 1 Step forward on Right (dropping onto straight Right leg, popping Left knee forward)
- 2 Step forward on Left (dropping onto straight Left leg, popping Right knee forward)
- 3-4 Repeat counts 25-26
- 5 Turning ¼ Left step Right foot to Right side (9 o'clock) pushing Right hip to Right
- &6&7 Recover weight, push Right hip to Right, recover weight, push Right hip to Right (on counts 5-7 gradually lean body over slightly to Right)
- 8 Turning ¼ Left on Right foot kick Left foot forward (6 o'clock)

(33-40) Step Forward, Turn Back ½ Left, Coaster, Skates, ¼ Shuffle.

- 1-2 Step forward on Left, turn ½ Left step back on Right (12 o'clock)
- 3&4 Step back on Left foot, step Right foot next to Left, step forward on Left.
- 5-6 Skate Right foot diagonally forward Right, skate Left foot diagonally forward Left
- 7&8 Turning ¼ Right, step Right forward, step Left next to Right, step Right forward (3 o'clock)

(41-48) Pivot ½ Right, Shuffle, Full Turn Forward, Ball Step Forward, Hold Clap.

- 1-2 Plonk Left foot forward, turn ½ Right (9 o'clock)
- 3&4 Step Left forward, step Right next to Left, step Left forward
- 5-6 Turn ½ Left step Right foot back, continue turning another ½ Left step Left foot forward
- &7 Step ball of Right foot next to Left, step forward on Left
- 8 Hold with a clap

(49-56) Pivot ¼ Left, Twist, Sailor, Cross Behind Unwind Full Turn.

- 1-2 Plonk right foot forward, turn ¼ Left (6 o'clock) twisting both heels out to right side

- 3&4 Twist both heels to Left, transfer weight onto heels & twist both toes to Left, transfer weight onto toes & twist both heels to Left again
- 5&6 Cross step Right foot behind Left, step Left foot to Left side, step Right foot to Right side
- 7-8 Cross step Left foot behind Right, unwind anti clockwise 360D ending with weight on Left

(57-64) Point, Flick ¼ Left, Locking Shuffle, Drunken Sailor Walks, Locking Shuffle.

- 1-2 Point right foot to right side, turning ¼ Left flick Right foot back (3 o'clock)
- 3&4 Step forward on Right foot, lock Left foot behind Right, step forward on Right foot
- 5-6 Walk forward on Left foot crossing in front of Right. Repeat on Right foot
- 7&8 Step forward on Left foot, lock Right foot behind Left, step forward on Left foot
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