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| Respect Yourself |  |

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| **Count:** | 64 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Frankie Cull (UK) - January 2009 | | | | |
| **Music:** | Respect Yourself - The Weather Girls | | | | |
| . | | | | | | |

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

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| --- | --- |
| 1& | Kick Right foot diagonally forward in front of Left, replace Right foot next to Left |

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| --- | --- |
| 2& | Kick Left foot diagonally forward in front of Right, replace Left foot next to Right |

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| --- | --- |
| 3-4 | Kick Right foot diagonally forward in front of Left, hitch Right knee forward to 12 0’clock |

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| --- | --- |
| 5&6 | Step back on Right, step Left next to Right, step forward on Right |

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| --- | --- |
| &7 | Make a ¼ turn to right on right foot, touch left toe to left side |

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| &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 |

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| 3-4 | Plonk Right foot forward, turn ¾ Left (12 o’clock) |

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| 5-6 | Open Right foot to Right side (dipping down), step Left foot next to Right (standing up) |

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| 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.**

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| &1-2 | Recovering weight onto Left turn ½ Right, step forward on Right. Touch Left foot next to Right (6 o’clock) |

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| --- | --- |
| 3-4 | Turn ½ Right, step back on Left. Touch Right foot next to Left (12 o’clock) |

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| 5&6 | Step back slightly on Right, ball step Left next to Right, recover weight on Right |

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| --- | --- |
| 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) |

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| --- | --- |
| 2 | Step forward on Left (dropping onto straight Left leg, popping Right knee forward) |

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| 3-4 | Repeat counts 25-26 |

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| 5 | Turning ¼ Left step Right foot to Right side (9 o’clock) pushing Right hip to Right |

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| &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) |

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| --- | --- |
| 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.**

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| --- | --- |
| 1-2 | Step forward on Left, turn ½ Left step back on Right (12 o’clock) |

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| 3&4 | Step back on Left foot, step Right foot next to Left, step forward on Left. |

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| 5-6 | Skate Right foot diagonally forward Right, skate Left foot diagonally forward Left |

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| 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) |

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| --- | --- |
| 3&4 | Step Left forward, step Right next to Left, step Left forward |

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| --- | --- |
| 5-6 | Turn ½ Left step Right foot back, continue turning another ½ Left step Left foot forward |

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| &7 | Step ball of Right foot next to Left, step forward on Left |

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| 8 | Hold with a clap |

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

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

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| 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 |

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| 5&6 | Cross step Right foot behind Left, step Left foot to Left side, step Right foot to Right side |

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| 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.**

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| --- | --- |
| 1-2 | Point right foot to right side, turning ¼ Left flick Right foot back (3 o’clock) |

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| --- | --- |
| 3&4 | Step forward on Right foot, lock Left foot behind Right, step forward on Right foot |

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| --- | --- |
| 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 |