

Respect

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Diana Riley (CAN)

Musik: Respect - P!nk



RIGHT KICK BALL LUNGE, LEFT KICK BALL LUNGE, ½ TURN RIGHT WITH BODY ROLL, SHOULDER ROLL BACK

- 1&2 Kick right forward, step right beside left, point left back (lunge)
- 3&4 Kick left forward, step left beside right, point right back (lunge)
- 5-6 With knees slightly bent make ½ turn to right, straighten out legs into body roll
- 7-8 Roll shoulders up, back, down

RIGHT SAILOR, STEP RIGHT, STEP LEFT, TOUCH LEFT BESIDE RIGHT, LEFT ¼ TURN TO LEFT, STEP RIGHT, STEP LEFT, TOUCH RIGHT

- 1&2 Step right behind left, step left in place, step right to right
- &3-4 Step left beside right, step right to right side, touch left beside right
- 5-6 ¼ turn to left stepping forward on left, step right next to left
- 7-8 Step forward on left, touch right toe beside left

RIGHT KICK BALL POINT, CROSS LEFT OVER RIGHT MAKING ½ TURN RIGHT, LEFT HEEL JACK, WALK RIGHT AND LEFT

- 1&2 Kick right forward, step right beside left, point left toe to left side
- 3-4 Cross left over right while making ½ turn to right transferring weight to left
- &5&6 Step back on right, left heel forward, step left back, touch right toe beside left
- 7-8 Walk forward right, walk forward left

RIGHT SAILOR, LEFT SAILOR, LEFT BEHIND RIGHT WITH WHOLE TURN TO RIGHT, LEFT FORWARD, TOUCH RIGHT

- 1&2 Step right behind left, step left in place, step right to right
- 3&4 Step left behind right, step right in place, step left to left
- 5-6 Cross left behind right, make full turn to right weight on right
- 7-8 Step forward on left, touch right beside left

REPEAT

RESTART

On 9th wall after the 16th count (vocals = one, two, three, four)
