

# Respect Yourself

Count: 64      Wall: 4      Level: Intermediate

Choreographer: Frankie Cull (Jan 2009)

Music: Respect Yourself by 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