

Respect Yourself Remaster

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Chris Jackson (UK) - May 2025
音乐: Respect Yourself - The Staple Singers : (Album: Be Altitude: Respect Yourself [Stax Remasters])



16-count intro. 1 restart.

SECTION 1 SKATE, SKATE, SHUFFLE RIGHT, CROSS ROCK, RECOVER, SHUFFLE TURN

1,2,3&4,5,6,7&8 Step forward right on right diagonal, step forward left on left diagonal, shuffle forward R/L/R on right diagonal, cross rock left over right, recover on right, shuffle a 3/8 turn to your left L/R/L to face (9.0)

SECTION 2 BUMP UP AND DOWN AND UP AND DOWN, BUMP UP AND DOWN AND UP AND DOWN, AND

1&2&3&4 Step slightly forward and bump right hip forward and UP on right diagonal, recover on left, bump right hip forward and DOWN on right diagonal, recover on left, bump right hip forward and UP on right diagonal, recover on left, bump right hip forward and DOWN on right diagonal

5&6&7&8& Step slightly forward and bump left hip forward and up on left diagonal, recover on right, bump left hip forward and down on left diagonal, recover on right, bump left hip forward and up on left diagonal, recover on right, bump left hip forward on left diagonal, recover on right, bump left hip forward and down on left diagonal, recover on right

ON WALL 8, RESTART HERE BEFORE THE LAST & STEP (8&) (see below)

SECTION 3 TAP, KICK, COASTER TURN, HALF, HALF, SHUFFLE RIGHT

1,2,3&4,5,6,7&8 Tap left next to right, kick left forward, slightly on left diagonal and make a quarter turn left as you step back on left (6.0), right next to left, forward left, going forward make a half turn left as you step back on right, make a half turn left as you step forward on left (or just walk forward right, left), forward right, left next to right, forward right

SECTION 4 STEP, SCUFF, PADDLE STEP, PADDLE STEP, PADDLE/FLICK

1,2,3,4,5,6,7,8 Step forward left, scuff right forward, step forward on right toe and push round a slow quarter turn left as you rotate the right hip and recover on left (3.0), step forward on right toe and push round a slow quarter turn left as you rotate the right hip and recover on left (12.0), step forward on right toe and push round a slow quarter turn left as you rotate the right hip and recover on left as you flick right behind left (9.0) (Choreographer's Note: Optional left hand pointing to sky with right hand holding left wrist as you do the paddle steps!)

RESTART – Wall 8, facing 12.0

Dance up to the end of Section 2 and RESTART before the & step at the end of the section.