

拍數: 48 牆數: 4 級數: Intermediate

編舞者: Rob Fowler (ES) 音樂: Respect - P!nk



HEEL SWITCHES, STEP RIGHT, PIVOT ½ TURN, ½ TURN SHUFFLE, LEFT COASTER STEP

1&2	Touch right heel forward	bring right back in place	e, touch left heel forward
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83-4 Bring left back in place, step forward on right, pivot ½ turn left

5&6 Shuffle ½ turn left (to the left) stepping right, left, right
7&8 Step back on left, step right beside left, step forward left

SIDE SWITCHES, HEEL & SIDE SWITCHES, KNEE POP, SWEEP 1/4 LEFT, BEHIND, SIDE, CROSS

1&2 Touch right toe out to right side, bring right back in place, touch left toe out to left side

&3&4 Bring left back in place, touch right heel forward, bring right back in place, touch left toe out to

left side

5-6 Pop left knee in towards right (keeping weight on right), turn ¼ left sweeping left foot out to

left side (weight still on right)

7&8 Step left behind right, step right to right side, step left across right

ROCK STEP, 1 ½ TURN SHUFFLE RIGHT, ROCK STEP. 1 ½ TURN SHUFFLE LEFT

1-2 Rock forward onto right, recover weight onto left foot

3&4 Make a 1 ½ turn shuffle right (to the right) stepping right, left, right

Option for counts 3&4: shuffle ½ turn right

5-6 Rock forward on left, recover weight onto right

7&8 Make a 1 ¼ turn shuffle left (to the left) stepping left, right, left

Option for counts 7&8: shuffle 1/4 turn left

RIGHT AND LEFT VAUDEVILLES, CROSS, 1/4 TURN RIGHT, HIP BUMPS

1&2 Cross right over left, step left to left side, touch right heel diagonally forward right
&3&4 Bring right back in place, cross left over right, step right to right side, touch left heel diagonally forward left

&5-6 Bring left back in place, cross right over left, step back on left making ¼ turn right

7&8 Step right to right side bumping hips right, left, right

LEFT SAILOR STEP, RIGHT SAILOR STEP, LEFT COASTER STEP, STEP RIGHT, PIVOT ½ LEFT

Step left behind right, step right to right side, step left to left side
Step right behind left, step left to left side, step right to right side
Step back on left, step right next to left, step forward on left

7-8 Step forward on right, pivot ½ turn left

SMALL JUMPS FORWARD, BACK, FORWARD, FORWARD, SCUFF RIGHT, STEP BACK, HIP BUMPS

Step right forward, step left forward, step right back, step left back
Step right forward, step left forward, step right forward, step left forward

5-6 Scuff right beside left, step back on right (weight on right)
7&8 Bump hips forward, back, forward (weight ends on left)

REPEAT