

Respect??

拍數: 40 牆數: 1 級數: Beginner
編舞者: Jean Rowe (USA)
音樂: Respect - Aretha Franklin



STEP TO RIGHT, TOUCH LEFT, CLAP, STEP TO LEFT, TOUCH RIGHT, CLAP, 2X

- 1-2 Large step to right, touch your left toe next to right and clap
- 3-4 Large step to left, touch right toe next to left and clap
- 5-6 Large step to right, touch left toe next to right and clap
- 7-8 Large step to left, touch right toe next to left and clap

WALK AROUND IN A CIRCLE TO YOUR RIGHT

- 1-4 Step right ¼ turn to right, step left ¼ turn to right, step right ¼ turn to right, step left ¼ turn to right bringing you back to starting point

HAND JIVE WITH HIP BUMPS

- 5-6 Move right hand over left hand two (2 times) as you are moving left hand under right hand (bump hips right 2x)
- 7-8 Move left hand over right hand two (2 times) as you are moving right hand under left hand (bump hips left 2x)

TOUCH RIGHT FOOT TO RIGHT 2X, TOUCH LEFT FOOT TO LEFT 2X WITH ARM EXTENSIONS AND SNAPS

- 1-4 Touch right toe out to right side as you extend both arms to right; touch right toe next to left foot as you bring both arms back and snap (2x) (snaps on 2 & 4 ct.)
- 5-8 Touch left toe out to left side as you extend both arms to left; touch left toe next to right foot as you bring both arms back and snap (2x) (snaps on 6 & 8 ct.) (on ct. 8 weight left)

WALK FORWARD RIGHT-LEFT-RIGHT, KICK LEFT & CLAP ; WALK BACK LEFT-RIGHT-LEFT, TOUCH RIGHT

- 1-4 Step right forward, left, right. Kick your left foot forward and clap
- 5-8 Step left back, right, left; touch right toe next to left foot

TOUCH RIGHT FOOT TO RIGHT SIDE & HOME, CLAP, TOUCH LEFT FOOT TO LEFT SIDE & HOME, CLAP, REPEAT

(Arm movements - you will basically be making an "x" with your arms while doing the foot movement). When touching to right side, your arms are up in the air in a "v"; when stepping foot home, your hands come together to clap. When touching to left side, your arms are down in an upside down "v"; when stepping foot home, your hands come together to clap

- 1-2 Touch right foot to right side; step right foot home & clap
- 3-4 Touch left foot to left side; step left foot home & clap
- 5-6 Touch right foot to right side; step right foot home & clap
- 7-8 Touch left foot to left side; step left foot home & clap

REPEAT