

# Respect Yourself A Little

拍數: 64      牆數: 2      級數: Improver  
編舞者: Hanne Jensen (DK) & Niels Poulsen (DK) - March 2009  
音樂: Respect Yourself - The Weather Girls



Intro: 32 count from beat (app. 23 sec. into track).

Note: This is a floor split to the Intermediate dance 'Respect Yourself' by Frankie Cull.

Several steps are inspired by 'Respect Yourself' so that dancers doing 'Respect Yourself' or 'Respect Yourself A Little' will be doing the moves at the same time.

## (1-8) Kick R Over L, Side R, Kick L Over R, Side L, R Jazz Box, Touch

- 1-2      Cross kick R over L, step R to R side [12:00]
- 3-4      Cross kick L over R, step L to L side [12:00]
- 5-7      Cross R over L, step back on L, step R to R side [12:00]
- 8      Touch L next to R [12:00]

## (9-16) Kick L Over R, Side L, Kick R Over L, Side R, Dip, Together, R Side Rock

- 1-2      Cross kick L over R, step L to L side [12:00]
- 3-4      Cross kick R over L, step R to R side [12:00]
- 5-6      Dip down in both knees, straighten both knees stepping L next to R (weight on L) [12:00]
- 7-8      Rock R to R side, recover to L foot [12:00]

## (17-24) Shuffle back R, Shuffle back L, Diagonally back touch x 2

- 1&2      Step back R, step L next to R, step back R [12:00]
- 3&4      Step back L, step R next to L, step back L [12:00]
- 5-6      Step diagonally back on R, touch L next to R [12:00]
- 7-8      Step diagonally back on L, touch R next to L [12:00]

## (25-32) Pop Walks Fw R L R L, Rocking Chair R

- 1      Step fw R bringing L beside R and popping L knee [12:00]
- 2      Step fw L bringing R beside L and popping R knee [12:00]
- 3-4      Repeat the 2 counts above (ie. count 25-26) [12:00]
- 5-6      Rock fw on R, recover on L [12:00]
- 7-8      Rock back on R, recover on L [12:00]

## (33-40) Step ½ L, Shuffle R, Step ½ R, Shuffle L

- 1-2      Step fw R, turn ½ L stepping fw on L [06:00]
- 3&4      Step fw on R, bring L next to R, step fw on R [06:00]
- 5-6      Step fw on L, make ½ turn R stepping fw on R [12:00]
- 7&8      Step fw on L, bring R next to L, step fw on L [12:00]

## (41-48) Step ½ L, ½ L, 1/4 L, R Jazz Box, Step Fw L

- 1-2      Step fw R, make ½ turn L stepping fw on L [06:00]
- 3-4      Turn ½ L stepping back on R, make 1/4 L stepping L to L side [09:00]
- 5-7      Cross R over L, step back on L, step R to R side [09:00]
- 8      Step fw L [09:00]

## (49-56) Step ¼ Turn L With Swivel, Swivels To L Side, Cross Rock R, Side Rock R

- 1      Step fw R [09:00]
- 2      Turn ¼ L while twisting both heels R [06:00]
- 3-4      Twist both heels L, twist both toes L (weight on L foot) [06:00]

5-6 Cross rock R over L, recover weight to L [06:00]  
7-8 Rock R to R side, recover weight to L [06:00]

**(57-64) Cross R, Side L, Sailor R, Cross L, Side R, Sailor L**

1-3 Cross R over L, step L to L side 06:00  
3&4 Cross R behind L, step L to L side, step R small step to R side 06:00  
5-6 Cross L over R, step R to R side 06:00  
7&8 Cross L behind R, step R to R side, step L small step to L side 06:00

**Enjoy!**

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