

Respect Yourself

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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 $\frac{1}{4}$ turn to right on right foot, touch left toe to left side
- &8** Make a $\frac{1}{2}$ turn to right on right foot, touch left toe to left side (9 o'clock)

(9-16) Cross, Back, Together, $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{1}{2}$ Right Touch, Turn $\frac{1}{2}$ Right Touch, Pony, Pony.

- &1-2** Recovering weight onto Left turn $\frac{1}{2}$ Right, step forward on Right. Touch Left foot next to Right (6 o'clock)
- 3-4** Turn $\frac{1}{2}$ 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ Left on Right foot kick Left foot forward (6 o'clock)

(33-40) Step Forward, Turn Back $\frac{1}{2}$ Left, Coaster, Skates, $\frac{1}{4}$ Shuffle.

- 1-2** Step forward on Left, turn $\frac{1}{2}$ 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 $\frac{1}{4}$ Right, step Right forward, step Left next to Right, step Right forward (3 o'clock)

(41-48) Pivot $\frac{1}{2}$ Right, Shuffle, Full Turn Forward, Ball Step Forward, Hold Clap.

- 1-2** Plank Left foot forward, turn $\frac{1}{2}$ Right (9 o'clock)
- 3&4** Step Left forward, step Right next to Left, step Left forward
- 5-6** Turn $\frac{1}{2}$ Left step Right foot back, continue turning another $\frac{1}{2}$ 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 $\frac{1}{4}$ Left, Twist, Sailor, Cross Behind Unwind Full Turn.

- 1-2** Plank right foot forward, turn $\frac{1}{4}$ 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 $\frac{1}{4}$ Left, Locking Shuffle, Drunken Sailor Walks, Locking Shuffle.

- 1-2** Point right foot to right side, turning $\frac{1}{4}$ 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