

Resist

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Marja Urgert & Jan Van Tiggelen (December 2018)

Music: Resist "By" Shary-An

Intro: 40 Counts

Sec 1: Step fwd, Touch, & Step Back, Heel, & Touch, Back Rock, Recover, Shuffle fwd

1-2RF. Step fwd - LF. Touch toe beside RF

&3&4LF. Step back - RF. Dig heel fwd - RF. Step beside LF. LF. Touch toe beside RF

5-6LF. Back rock - RF. Recover

7&8LF. Step fwd - RF. Step together - LF. Step fwd

Sec 2: 1/4 Turn L, Touch, & Step L Diagonal Back, Touch, & Step R Diagonal Back, Touch, Back Rock, Recover, Kick-Ball-Cross

1-2RF. 1/4 Turn L step side - LF. Touch toe beside RF (9:00)

&3&4LF. Step diagonal L back - RF. Touch toe beside LF - RF. Step diagonal R back - LF. Touch toe beside RF

5-6LF. Back rock - RF. Recover

7&8LF. Kick diagonal L fwd - LF. Step beside RF - RF. Cross over LF

Sec 3: Side Rock, Recover, Behind-Side-Cross, 1/2 Turn R into Cross Shuffle, Step Side, Touch

1-2LF. Side rock - RF. Recover

3&4LF. Cross behind RF - RF. Step side - LF. Cross over RF

5&6RF. 1/2 Turn R cross over LF - LF. Step side - RF. Cross over LF (3:00)

7-8LF. Step side - RF. Touch toe beside LF

Sec 4: Behind, Side, Cross Shuffle, 1/4 Turn R, Step Together, Step-Lock-Step

1-2RF. Cross behind LF - LF. Step side

3&4RF. Cross over LF - LF. Step side - RF. Cross over LF

5-6LF. 1/4 Turn R step back - RF. Step together (6:00)

7&8LF. Step fwd - RF. Lock behind LF - LF. Step fwd

Sec 5: Volta Steps with 1/2 Turn R, Volta Steps with 3/4 Turn L

1&2&RF. 1/8 Turn R step fwd (7:30) - LF. Lock behind RF - RF. 1/8 Turn R step fwd (9:00) - LF. Lock behind RF

3&4RF. 1/8 Turn R step fwd (10:30) - LF. Lock behind RF - RF. 1/8 Turn R step fwd (12:00)

5&6&LF. 1/4 Turn L step fwd (9:00) - RF. Lock behind LF - LF. 1/8 Turn L step fwd (7:30) - RF. Lock behind LF

7&8LF. 1/8 Turn L step fwd (6:00) - RF. Lock behind LF - LF. 1/4 Turn L step fwd (3:00)

Sec 6: Cross Rock, Recover, Chasse, Cross Rock, Recover, Chasse with 1/4 Turn L

1-2RF. Cross rock over LF - LF. Recover

3&4RF. Step side - LF. Step together - RF. Step side

5-6LF. Cross rock over RF - RF. Recover

7&8LF. Step side - RF. Step together - LF. 1/4 Turn L step fwd (12:00)

Sec 7: Skate R fwd, Skate L fwd, Kick-Ball-Step, Rock fwd, Recover, Shuffle 1/2 Turn R

1-2RF. Skate fwd - LF. Skate fwd

3&4RF. Kick fwd - RF. Step together - LF. Step fwd

5-6RF. Rock fwd - LF. Recover

7&8 Shuffle 1/2 turn R stepping R,L,R (6:00)

Sec 8: Step fwd, 1/4 Turn R, Cross, Point, R Sailor Step, L Sailor Step

1-2-3-4LF. Step fwd - 1/4 Turn R - LF. Cross over RF - RF. Point toe to R side (9:00)

5&6RF. Cross behind LF - LF. Step side - RF. Step side

7&8LF. Cross behind RF - RF. Step side - LF. Step fwd

Start Again

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