

Respect

Competition Step Sheet

DIVISION: Newcomer

Description: 40 Counts, 2 Walls, West Coast Swing, Non-Country

Choreographer: Dutch Delight

Music: Respect by Aretha Franklin & Blues Brothers

Count in: 16 Count Intro

Note: There is a restart and a tag. Please see info below.



1-8 Walks, ½ Turn L and Step to R, Hold, Hip Roll

- 1-4 Walk forward R, L, R, L
- 5 ½ turn left and step RF to right side
- 6 Hold
- 7,8 Roll hips from left to right

9-16 Toe Heel with Hips, ¼ Turn with Heel Toe, Heel Toe to L

- 1 Touch RF forward while pushing R hip forward
- 2 Step onto RF
- 3 Touch LF forward while pushing L hip forward
- 4 Step onto LF
- 5 Make ¼ turn right and touch R heel in front of LF
- 6 Step onto RF
- 7 Touch L heel to left side
- 8 Step onto LF

17-24 ½ Turn L and Step to R, Drag, Sailor Step, Step, Hold, Triple

- 1 ½ turn left and step RF a big step to right side
- 2 Drag LF towards RF
- 3 Cross LF behind RF
- & Small step RF to right side
- 4 Small step LF to left side
- 5 Step RF diagonally right forward
- 6 Hold
- 7&8 Step LF forward, Step RF together, Step LF forward

25-32 Step Fwd, Swivels ½ Turn L, Jazz Box with ¼ Turn R

- 1 Step RF forward
- 2,3,4 Swivel 3 times to R making a ½ turn left, weight ending on LF
- 5 Cross RF in front of LF
- 6 ¼ turn right and step LF backwards
- 7 Step RF to right side
- 8 Step LF forward

33-40 Skate R&L x2, Step Fwd, Swivels with ½ turn L

- 1-4 Skate forward R, L, R, L
- 5 Step RF forward
- 6,7,8 Swivel 3 times to R making a ½ turn left, weight ends on LF

Restart

Dance the 4th wall until count 32 and start the dance again.

Tag

After the 5th wall dance the following 16 counts:

- 1-4 Step diagonally forward on RF and hold
- 5-8 Step diagonally forward on LF and hold
- 9-12 Step diagonally forward on RF and hold
- 13-16 Step diagonally forward on LF and hold