



Approved by:

Frankie Cull

Respect Yourself

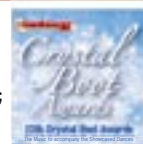
4 WALL - 64 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 & 2 & 3 - 4 5 & 6 & 7 & 8	Forward Kicks, Hitch, Coaster Step, Paddle 3/4 Turn Kick right diagonally forward in front of left. Step right beside left. Kick left diagonally forward in front of right. Step left beside right. Kick right diagonally forward in front of left. Hitch right knee forward. Step right back. Step left beside right. Step right forward. Make 1/4 turn right on right foot. Touch left toe to left side. Make 1/2 turn right on right foot. Touch left toe to left side. (9:00)	Kick & Kick & Kick Hitch Coaster Step Paddle Quarter Paddle Half	On the spot Turning right
Section 2 1 & 2 Note 3 - 4 5 - 6 7 - 8	Cross, Back, Together, Step, Pivot 3/4, Demi Plie, Together, Knee Pops Cross step left over right. Step right slightly back. Step left beside right. Count 2: push hips backwards. Step right forward. Pivot 3/4 turn left. (12:00) Open right foot to right side, dipping down. Step left beside right, standing up. Bend right knee in front of left. Recover bending left knee in front of right.	Cross Back Step Step Pivot Down Up Knee Pops	Back Turning left Right On the spot
Section 3 & 1 - 2 3 - 4 5 & 6 7 & 8	1/2 Turn, Step, Touch, 1/2 Turn, Touch, Pony x 2 Weight onto left, make 1/2 turn right. Step right forward. Touch left beside right. Make 1/2 turn right and step left back. Touch right beside left. (12:00) Step right slightly back. Step ball of left beside right. Recover weight onto right. Step left slightly back. Step ball of right beside left. Recover weight onto left.	Turn Step Touch Turn Touch Back & Rock Back & Rock	Turning right Back
Section 4 1 2 3 - 4 5 & 6 & 7 Note 8	Chug Forward x 4, 1/4 Turn, Hip Bump x 3, 1/4 Turn Kick Step right forward (weight onto straight right leg, popping left knee forward). Step left forward (weight onto straight left leg, popping right knee forward). Repeat counts 1 - 2. Making 1/4 turn left step right to right side, pushing right hip to right. (9:00) Recover weight onto left. Push right hip to right. Recover weight onto left. Push right hip to right. Counts 5 - 7: gradually lean body over slightly to right. Making 1/4 turn left on right foot, kick left forward. (6:00)	Chug Chug Chugs Turn & Bump & Bump Turn	Forward Turning left On the spot Turning left
Section 5 1 - 2 3 & 4 5 - 6 7 & 8	Step, 1/2 Turn Back, Coaster Step, Skate x 2, Shuffle 1/4 Turn Step left forward. Make 1/2 turn left and step right back. (12:00) Step left back. Step right beside left. Step left forward. Skate right diagonally forward right. Skate left diagonally forward left. Shuffle step 1/4 turn right, stepping - right, left, right. (3:00)	Step Turn Coaster Step Skate Skate Shuffle Turn	Turning left On the spot Forward Turning right
Section 6 1 - 2 3 & 4 5 - 6 & 7 - 8	Step, Pivot 1/2, Forward Shuffle, Full Turn Forward, Ball, Step, Hold Step left forward. Pivot 1/2 turn right. (9:00) Step left forward. Close right beside left. Step left forward. Make 1/2 turn left and step right back. Make 1/2 turn left and step left forward. Step ball of right beside left. Step left forward. Hold with a clap.	Step Turn Left Shuffle Full Turn Ball Step Hold	Turning right Forward Turning left Forward
Section 7 1 - 2 3 & 4 5 & 6 7 - 8	Step, Pivot 1/4, Heel/Toe Twists, Sailor Step, Behind, Unwind Full Turn Step right forward. Pivot 1/4 left twisting both heels out to right side. (6:00) Twist both heels to left. Transfer weight onto heels and twist both toes to left. Transfer weight onto toes and twist both heels to left. Cross right behind left. Step left to left side. Step right to right side. Cross left behind right. Unwind full turn anticlockwise, weight ending on left.	Step Pivot Twist & Twist Sailor Step Behind Unwind	Turning left Left On the spot Turning left
Section 8 1 - 2 3 & 4 5 6 7 & 8	Point, 1/4 Turn With Flick, Lock Step, Drunken Walks, Lock Step Point right to right side. Making 1/4 turn left on left, flick right back. (3:00) Step right forward. Lock left behind right. Step right forward. Walk forward on left, crossing in front of right. Walk forward on right, crossing in front of left. Step left forward. Lock right behind left. Step left forward.	Point Turn Right Lock Right Left Right Left Lock Left	Turning left Forward

Choreographed by: Frankie Cull (UK) January 2009

Choreographed to: 'Respect Yourself' by The Weather Girls (129 bpm) from CD Puttin' On The Hits;

also available as download from iTunes or Amazon (48 count intro)



Music available on the
13th Crystal Boot Awards CD
 2009 from
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