



Respect Yourself A Little

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Type of dance: 64 counts, 2 wall (128 bpm).
 Level: High Beginner.
 Music: **'Respect Yourself'** by The Weather Girls. Buy on iTunes.
 Intro: 32 count from beat (app. 23 sec. into track).
 Note: This is a floorsplit 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.

Counts	Footwork	End facing
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!