

RESIST THIS

Recommended Music: **Simply Irresistible** — Robert Palmer

Music Info: Speed: 140bpm, Length: 4:08mins, Count In: Noise & 16 Beats, Genre: Pop

Choreographer: Peter Heath, Adelaide, South Australia, Australia, April 1999

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Dance Info: Walls: 4, Level: 2/10, Rhythm: Standard, Next Wall: Left

Starting position:	Feet Together, Right Foot Ready
Nett amount of turn per sequence:	1/4 Left
Length of sequence:	32 Beats

Music	Beats	Steps	Version: 1.00
		Chasse, Touch; Rocking Chair	
1–4	1–4	Step Right Foot to Right, Close Left Foot to Right Foot, Step Right Foot to Right, Touch Left Foot to Right Foot	
5–8	1–4	Rock Left Foot Forward, Recover Right Foot, Rock Left Foot Back, Recover Right Foot	
		Chasse & Turn 1/4 Left, Touch; Rocking Chair	
9–12	1–4	Step Left Foot to Left, Close Right Foot to Left Foot, Step Left Foot to Left Turning 1/4 Left, Touch Right Foot to Left Foot	
13–16	1–4	Rock Right Foot Forward, Recover Left Foot, Rock Right Foot Back, Recover Left Foot	
		4 Zigs with Claps	
17–18	1,2	Step Right Foot Diagonal Forward and Right, Touch Left Foot to Right Foot and Clap	
19–20	1,2	Step Left Foot Diagonal Forward and Left, Touch Right Foot to Left Foot and Clap	
21–24	1–4	Repeat Beats 17–20	
		Back Run 3, Hitch & Clap; Back Run 3, Stamp	
25–28	1–4	Step Right Foot Back, Step Left Foot Back, Step Right Foot Back, Hitch Left Knee and Clap	
29–32	1–4	Step Left Foot Back, Step Right Foot Back, Step Left Foot Back, Stamp Right Foot Alongside Left Foot (No Weight)	
		REPEAT	