Resilient

Count: 64 **Wall:** 1 **Level:** Advanced Phrased

Choreographer: Guillaume Richard (FR), Debbie Rushton (UK), Mike Liadouze (FR) & José Miguel Belloque Vane (NL) - November 2026

Music: Resilient - Citizen Soldier

Sequence: AB A(8)AB At(2)B A(24) e
Introduction: 16 counts

Start the dance on R diagonal (1:30)

PART A (32 counts):

[1-8] SERPIENTE, BACK, FULL TURN POINTING BACK, BALL TOGETHER, RUN, RUN

1-2&	Step RF forward sweeping LF forward, Cross LF over RF, Step RF side (1:30)
3-4&	Cross LF behind RF sweeping RF back, Step RF back, ½ turn L… Step LF forward (7:30)
5-6&	½ turn L… Point RF back pushing R hand forward, HOLD, Step RF back (1:30)
7-8&	Step LF together, Step RF forward, Step LF forward

[9-16] STEP w/¼ KICK, RUN, RUN, STEP w/⅝ ARIAL RONDE, SIDE, CROSS w/SWEEP, ROCK w/SWEEP, BEHIND, ¼

1-2&	Step RF forward ¼ turn L… kicking LF to L diagonal, Step LF forward, Step RF forward (10:30)
3-4	⅜ turn R… Step LF back continue ¼ turn R… with arial ronde RF side, Step RF side (6:00)
5-6&	Cross LF over RF sweeping RF forward, Continue sweeping RF, Rock RF forward
7-8&	Recover on LF back sweeping RF back, Cross RF behind LF, ¼ turn L… Step LF forward (3:00)

Restart here on 2nd PART A

[17-24] ¼ INTO HALF DIAMOND SHAPE FALLAWAY, SWAY x2, ¼, CHASE ½ TURN

1-2&	¼ turn L… Big step RF side dragging LF in, ⅛ turn L… Step LF back, Step RF back (10:30)
3-4&	⅛ turn L… Big step LF side dragging RF in, ⅛ turn L… Step RF forward, Step LF forward (7:30)
5-6	⅛ turn L… Step RF side with sway, Step LF side with sway (6:00)
7-8&	¼ turn R… Step RF forward, Step LF forward, ½ turn R… Step RF forward (3:00)

[25-32] ¼ INTO HALF DIAMOND SHAPE FALLAWAY, SWAY x3, ⅛ BACK ROCK

1-2&	¼ turn R… Big step LF side dragging RF in, ⅛ turn R… Step RF back, Step LF back (7:30)
3-4&	⅛ turn R… Big step RF side dragging LF in, ⅛ turn R… Step LF forward, Step RF forward (10:30)
5-6	⅛ turn L… Step LF side with sway, Step RF side with sway (12:00)
7-8&	Step LF side with sway, ⅛ turn R… Rock RF back, Recover on LF forward (3:00)

PART B (32 counts):

[1-8] SERPIENTE, BACK, ½, ROCK, RECOVER, ½, ROCK w/HITCH, BACK, BACK

1-2&	Step RF forward sweeping LF forward, Cross LF over RF, Step RF side (1:30)
3-4&	Cross LF behind RF sweeping RF back, Step RF back, ½ turn L… Step LF forward (7:30)
5-6&	Rock RF forward, Recover on LF back, ½ turn R… Step RF forward (1:30)
7-8&	Rock LF forward hitching R knee forward, Step RF back, Step LF back

[9-16] ¼ SWAY x2, LUNGE «DOWN», ROLLING VINE INTO SWAY x2, DRAG «DOWN», RUN AROUND ¼

1-2	¼ turn R… Step RF side with sway, Step LF side with sway (4:30)

3-4&	Lunge RF side, ¼ turn L… Step LF forward, ½ turn L… Step RF back (7:30)
5-6	¼ turn L… Step LF side with sway, Step RF side with sway (4:30)
7	Step LF side dragging RF in bent legs and orient body to L diagonal
8&	In a ¼ circle R… : Step RF forward, Step LF forward (7:30)

[17-32] REPEAT COUNTS 1-16 OF PART B FACING (7:30)

Styling option:
On count 7 «Resilient» : Push hands to side
On count 23 «Embrassed it» : Put hands on body as you're hugging yourself

TAG (2 counts): after 4th PART A
[1-2] WALK, WALK THROWING HANDS UP

1-2	Step RF forward throwing hands up, Step LF forward

ENDING (9 counts): after 24 counts of 5th PART A
Replace CHASE ½ TURN by ¼ turn R… Step LF side head down (8) (12:00)
[1-9] RAISE HANDS & HEAD, ROLLING VINE, POINT BEHIND, COLLAPSE w/HUG

1-4	Put head back straight and raise hands above head (4 counts)
5-6	¼ turn R… Step RF forward, ½ turn R… Step LF back (9:00)
7-8	¼ turn R… Step RF forward with R hand to side, Point LF behind RF with L hand to side (12:00)
1	Collapse putting hands on body as you're hugging yourself

Last Update: 7 Nov 2026