

# Keep 'Em in Check

Count: 32

Wall: 4

Level: Improver

Choreographer: Kaleb Shrimpton (UK) - November 2024

Music: Hoe Cakes - MF DOOM



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## SEC 1: side together, side shuffle, mambo step, slide, pop

- 1&2 step right to right side, step left right to left whilst popping right knee
- 3&4 step right to right side, step left next to right, step right to right side
- 5&6 rock back on the left, recover on the right and step the left to the left side
- 7-8& stag right to left, on 8 we pop both knees out going on our toes, then place feet back on the floor

## SEC 2 - rock, sailor 1/4, step lock, side pop pop

- 1-2 rock right to right side, recover on the left
- 3&4 step right behind left, step left next to right turning a 1/4 to face 3:00, step right down in place
- 5-6 step left forward then lock the right behind, popping the left knee
- 7-8& step left to left side, step right next to left whilst popping left knee, pop right knee for &

## SEC 3 - side, 1/2, walk walk swivel, pop pop

- 1-2 step right to right side, step left behind right turning a 1/2 to face 9:00
- 3-4 step right foot forward, step left foot forward
- 5-6 step right forward, twist left foot toward right going with the heel
- 7-8& twist left toward right foot, pop right knee, pop left knee

## SEC 4 - step 1/2 look, 1/2 forward, side coaster, kick ball change

- 1-2 step left back step right back looking back a 1/2 turn to 6:00
  - 3-4 turn body back around to face 9:00, step right to right side
  - 5&6 step left back, step right next to left, step left forward
  - 7&8 kick right foot forward, step right foot down, pop the right knee putting weight down on the left
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