

Check Er Kau

Compte: 64

Mur: 2

Niveau: Phrased Beginner

Chorégraphe: Wiesye Baraoh (INA) - June 2020

Musique: Mokedau E Check Er Kau by PARKER



Sequence : A,A,B, A,A,B, A,A, TAG 1, A.A, B,B. A,A,A, TAG 2, A,A

Part A

Session 1 : CROSS, SIDE, BEHIND, SIDE, CROSS, RECOVER, CHASSE

1 2 3 4 Cross L over R, Step R to R side, Cross L behind R, Step R to R side

5 6 7 & 8 Cross L over R, Recover on R, Step L to L side, Step R close together L, Step L to L side

Session 2 : CROSS, SIDE, BEHIND, SIDE, CROSS, RECOVER, CHASSE

1 2 3 4 Cross R over L, Step L to L side, Cross R behind L, Step L to L side

5 6 7 & 8 Cross R over L, Recover on L, Step R to R side, Step L close together R, Step R to R side

Session 3: FORWARD, ½ turn R-RECOVER, LOCK STEP FORWARD, ROCKING CHAIR

1 2 3 & 4 Step L Forward, ½ turn R- Recover on R, Step L forward, Step R cross behind L, Step L Forward

5 6 7 8 Step R Forward, Recover on L, Step back on R, Recover on L

Session 4: FORWARD, ½ TURN Left-RECOVER, LOCK STEP FORWARD, FORWARD, ½ Turn R-RECOVER, WALK, WALK

1 2 3 & 4 Step R Forward, ½ turn Left- Recover on L, Step R forward, Step L cross behind R, Step R forward

5 6 7 8 Step L forward, ½ turn R -Recover on R, Step L forward, Step R Forward

Part B

Session 1 : SIDE, BEHIND, SIDE, TOUCH, SIDE, TOUCH, SIDE, TOUCH

1 2 3 4 Step L to L side, Step R cross behind L, Step L to L side, Touch R beside L

5 6 7 8 Step R to R side, touch L beside R, Step L to L side, Touch R beside L

Session 2 : SIDE, BEHIND, ¼ turn R-FORWARD, ¼ turn R-TOUCH, SIDE, TOUCH, SIDE, TOUCH

1 2 3 4 Step R to R side, Step L cross behind R, ¼ turn R-Step R forward, ¼ turn R-Touch L beside R

5 6 7 8 Step L to L side, Touch R beside L, Step R to R side, Touch L beside R

Session 3: Do the same Session 1

Session 4: Do the same Session 2

TAG 1 CROSS, RECOVER, CHASSE (2x)

1 2 3 & 4 Step L cross over R, Recover on R, Step L to L side, Step R close together L, Step L to L side

5 6 7 & 8 Step R cross over L, Recover on L, Step R to R side, Step L close together R, Step R to R side

TAG 2 FORWARD, ½ turn Right-RECOVER, WALK, WALK

1 2 3 4 Step L Forward, ½ turn R-Recover on R, Step L forward, Step R Forward

Have fun and Enjoy

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