

Check You Out

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Check You Out - Darin



Intro: 16 counts / 8 sec

Sec 1. Forward step. Right heel twist. Step back. Dip down and up. Kick and point.

1 Step forward on R foot
2-3 Twist both heel out right, recover on to L foot
4 Step back on to R foot
5-6 Bending knees dip down and up
7&8 kick L foot forward and point out R foot to right side

Sec 2. Right Sailor step. Sailor ½ turn left . Chasse right. Rock recover.

1&2 Step R behind L, step L to le side, step R to right side
3&4 Make 1/2 turn le , step R to right side, step L to le side
5&6 Step R to right side, step L next to right, step R to right side
7-8 Rock back on to L foot. Recover on to R foot.

Sec 3. Right ball cross and hold. Ball cross and point. 1/4 turn left Forward point. Samba cross.

&1 2 Step out L foot and cross R over. Hold 2
&3 4 Step out L foot and cross R foot over L foot and point L toe out to the le side.
5-6 Turn 1/4 to the le and step L foot forward and point out R foot to right side
7&8 Cross R over L, rock L to le side, recover on to R.

(Styling) on &1 throw your hands out to the sides.

Sec 4. Step ½ turn right. Lockstep forward. Out out in cross. Hip bumps

1-2 Step L foot forward and turn ½ to right weight is now on R foot
3&4 L foot forward, lock with R foot behind L, and step L foot forward
&5&6 Jump out out with R foot and then L foot, and jump in with R foot and cross L foot over R
7-8 point R toe to the right and Bump R hip out to right side two times but keep the weight on L foot

Sec 5. 1/4 step turn left. Cross shuffle. 1/4 turn right. 1/4 turn right. Shuffle forward.

1-2 step R foot forward, Turn 1/4 to the le
3&4 cross R foot over L, step L foot beside R, cross R foot over L
5-6 turn 1/4 to the right and step back on L foot, Turn 1/4 to the right and step to the right
7&8 step L foot forward, step R foot beside L, step L foot forward

Sec 6. Step 1/2 Turn le . Shuffle forwards. Full Turn right. Rock recover

1-2 step forward on right, Turn 1/2 Turn to the left
3&4 step forward on R foot, step L foot next to R, step forward on R foot
5-6 Turn 1/2 Turn to the right stepping back on le , Turn 1/2 Turn to the right stepping forward on right
7-8 Rock forward on R, recover on L foot.

Sec 7. Back. R Stanky knee. Cross point. Jazz box turn 1/4 right.

&1 2 Small step back on L foot, step R foot beside and bend R knee towards left, recover to right.
3-4 cross L foot over R, point R toe to the right side.
5-6 cross R foot over L, step back on L foot,
7-8 Turn 1/4 to the R stepping R foot to the right, cross L foot over R.

Sec 8. Chasse right. back rock. Syncopated vine 1/4 turn le . Step. Step.

- 1&2. Step R foot to the right, step le foot beside R, step R foot to the right.
3-4 rock L foot back, recover on right.
5 6& step L foot to the le , step R foot behind L , Turn 1/4 to the le and step L foot forward.
7-8 step forward on right, step forward on left .

Repeat and enjoy ! =)

*** Tag. wall 2. Right rocking chair.**

- 1-2 Rock forward on right, recover on left
3-4 Rock back on right, recover on left

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