

# 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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