

Check It Out

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Betsy Courant (USA) - August 2017
音乐: Check It Out - Oh The Larceny



Intro: 32 counts

SEQUENCE: A, B, Tag 1, A, B, Tag 2, B, Tag 3, B, B*, Tag 3(16 cts. with ending)

THIRD PLACE PHRASED DIVISION, USLDCC, HOTLANTA LINE DANCE JAM

SECTION A: 32 counts

A1: R SIDE, BEHIND SIDE CROSS, SIDE, KNEE POPS, L CHASSE ¼ LEFT, HOLD, OUT OUT

1, 2&3 1) Step R to right side, 2) step L behind R, &) step R to right side, 3) cross L over R
4&5 4) Step R to right side, &) lift heels as you pop knees, 5) drop both heels (weight on R)
6&7 6) Step L to left side, &) step R next to L, 7) ¼ turn left step L forward - (9:00)
8&1 8) Hold, &) step R out to right side, 1) step L out to left side

A2: R MAMBO, L TOUCH BACK, ½ TURN LEFT, L SHUFFLE FWD, SHAKE

2&3 2) Step R forward, &) recover L, 3) step R back
4&5 4) Touch L toe back, &) ½ turn left on your heels (toes lifted), 5) step down on R - (3:00)
6&7 6) Step L forward, &) step R next to L, 7) step L forward
&a8 e&a1 Step R to right side as you shake shoulders/upper body (shimmy)

A3: L BACK LOCK STEP, R HEEL, ¼ RIGHT/GRIND, L SIDE, R SAILOR, L FWD

2&3 2) Step L back, &) cross R over L, 3) step L back
4&5 4) Touch R heel to right side, &) ¼ turn right on R heel (grind), 5) step L to left side - (6:00)
6 – 8 6) Step R back, &) step L next to R, 7) step R to right side, 8) step L forward

A4: WALK AROUND ½ CIRCLE 4 COUNTS, 3 KNEE POPS, ¼ RIGHT WITH R HOOK

1 – 4 Starting with R, walk around ½ circle over left shoulder as you pop knees LRLR - (12:00)
5 Pop left knee out & lean forward, arms down in front of body, right arm crossed over left & snap fingers
6 Pop right knee out as you start to rise up, bring arms slightly up & uncrossed, snap fingers
7 Pop left knee as you straighten up, arms at waist level, left arm crossed over right, snap fingers
8 Make ¼ turn right as you recover L and hook R over left, pointing right pointer finger forward - (3:00)

SECTION B: 32 counts:: For clock references below, Section B starts at original 3:00

B1: FWD R, ½ R, ½ SHUFFLE FORWARD, ½ R SHUFFLE BACK, ½ R SHUFFLE FORWARD

1 – 2 1) Step R forward, 2) make ½ turn and step L back - (9:00)
3&4 3) Make a ½ turn right & step R forward &), step L next to R, 4) step R forward - (3:00)
5&6 5) Make a ½ turn right & step L slightly back, &) step right beside left, 6) step left slightly back (9:00)
7&8 7) Make a ½ turn right & step R forward &), step L next to R, 8) step R forward (3:00)

B2: STEP, ¼ R, L CROSS & HEEL & R CROSS & HEEL & L CROSSING SHUFFLE

1 – 2 1) Step L forward, 2) ¼ turn right step R to right side (6:00)
3&4& 3) Cross L over R, &) recover R, 4) touch L heel to left diagonal, &) recover L
5&6& 5) Cross R over L, &) recover L, 6) touch R heel to right diagonal, &) recover R
7&8 7) Cross L over R, &) recover R, 8) cross L over R

B3: ¼ R, ½ R, R BACK LOCK STEP, L COASTER, R KICK OUT OUT

1 – 2 1) ¼ right step R forward, 2) ½ turn right step L back (3:00)
3&4 3) Step R back, &) cross L over R, 4) step R back
5&6 5) Step L back, &) step R next to L, 6) step L forward
&7&8 7) kick R forward, &) step R to right side, 8) step L to left side

B4: ¼ R TURNING JAZZ BOX, OUT, OUT, IN, IN

1 – 4 1) Cross R over L, 2) ¼ right step L back, 3) step R to right side, 4) cross L over R (6:00)
5 – 8 5) Step R to right side, 6) step L to left side, 7) step R in, 8) step L next to R

TAG 1:

1 – 4 1) Step R to right side, 2) Hold, 3) step L to left side, 4) Hold
&5 – 7 &) Step R next to L, 5) touch L to left side, 6) Hold, 7) step L back
8 e&a Leaning slightly back shake upper body and shoulders (shimmy)

TAG 2:

1 – 2 1) Cross R over L, 2) step L back
3e&a4e&a Leaning slightly back shake upper body and shoulders (shimmy), a) ¼ turn right as you hook R over left (prep to Restart Section B)

TAG 3:

GRAPEVINE R, TOUCH, GRAPEVINE L WITH ¼ TURN LEFT, TOUCH

1 – 4 R to right side, left behind R, R to right side, touch L next to R
5 – 8 L to left side, R behind L, ¼ turn left step L forward, touch R next to L

RIGHT ROCKING CHAIR, ½ PIVOT TURN LEFT (2X)

1 – 4 Rock R forward, recover L, rock R back, recover L
5 – 8 Step R forward, ½ turn L step on L, step R forward, ½ turn L step on L

GRAPEVINE R, TOUCH, GRAPEVINE L WITH ¼ TURN LEFT, TOUCH

1 – 4 R to right side, left behind R, R to right side, touch L next to R
5 – 8 L to left side, R behind L, ¼ turn left step L forward, touch R next to L

WALK AROUND ½ CIRCLE 4 COUNTS, 3 KNEE POPS, ¼ RIGHT WITH R HOOK (last 8 of A)

1 – 4 Starting with R, walk around ½ circle over left shoulder as you pop knees LRLR
5 Pop left knee out & lean forward, arms down in front of body, right arm crossed over left & snap fingers
6 Pop right knee out as you start to rise up, bring arms slightly up & uncrossed, snap fingers
7 Pop left knee as you straighten up, arms at waist level, left arm crossed over right, snap fingers
8 Make ¼ turn right as you recover L and hook R over left, pointing right pointer finger forward

ENDING: Dance first 16 counts of Tag 3 (you'll end up at the original 12:00 wall) and step out RL on counts &1

***NOTE: To clarify, the second "B" after Tag 3 starts to your front wall (there is no ¼ turn)**

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