

# Check It

**COPPER KNOB**  
BY EPOCHSETZ

拍数: 32                      墙数: 2                      级数: Easy Intermediate  
编舞者: Teresa Lawrence (UK) & Vera Fisher (UK) - May 2019  
音乐: Check It Out - Oh The Larceny : (iTunes)



Start time. 32 counts in. Bpm. 120.

## **BALL STEP CROSS. COASTER STEP, ROCK REPLACE TRIPLE ½ TURN.**

&1-2-3&4            Rock slightly back on R diagonal, replace weight on L, cross R over L, L coaster step.  
5-6-7&8.            Rock fwd on R, replace weight, triple ½ turn R. (6)

## **AND TOUCH BUMP HOLD, AND TOUCH AND TOUCH. SIDE ROCK EXTENDED CROSS SHUFFLE.**

&1-2&3&4.            Jump to slight fwd L diagonal on L, touch R next to L, hold, (optional styling: as you do the “& touch hold” angle body to slight R diagonal pushing hips to L), counts &3&4 are step R touch L next to R, step L touch R next to L.  
5-6-7&8&1.           Side rock R, replace, extended cross shuffle. (option: on counts “&1” look to L and swing both arms to L side pointing to L side), (6)

## **HOLD. SIDE ROCK & CROSS, ¼, ½ PIVOT ¼ L.**

2-3&4.                Hold , rock L to L side, replace weight, cross L over R.  
5-6-7-8.             Make ¼ L stepping back on R, make ½ turn L and step fwd on L, step fwd on R, pivot ¼ turn L weight to end on L. (6)

## **V BOX OUT OUT BACK BACK PIVOT ½ x2**

1-2-3-4.             Step fwd and out to slight diagonals R,L, step back R,L feet together.  
5-6-7-8.             Step fwd on R, pivot ½ L, repeat. (6).

**Tags. Both facing front on end of walls 2 & 4.**

**Wall 2 do full 8 count Tag.**

**On wall 4 just do first 4 counts, so half the Tag!**

## **FWD TOUCH BACK TOUCH BACK TOUCH FWD TOUCH. REPEAT**

&1&2&3&4.            Step fwd to slight R diagonal on R, touch L next to R, step back on L, touch R next to L, step back on R to slight R diagonal, touch L next to R, step fwd on L, touch R next to L  
&5&6&7&8.            Repeat above.

**Ending. You will finish wall 8 facing the front, there is an extra 17& counts.**

**Paddle full turn L taking 7 counts to do it, you will be tapping/pointing on R and turning on your L, on count 8 step down on R facing front wall.**

**Then repeat but on the L turning R, on count 8 step down on L.**

**There will be just 1& counts left, just jump out to sides R,L.**

**Sounds hard but it's really not. Promise!**

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