

Check It

COPPER KNOB
BY EPOSHETS

拍数: 32 墙数: 2 级数: Easy Intermediate
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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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