

Checklist

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Checklist (feat. Chromeo) - MAX : (2:15)



Intro -8 counts from start

[1 - 8] R SCUFF, R CROSS, L SCISSOR, R PREP, ¼ TURN LEFT, ½ TURN LEFT R SHUFFLE BACK.

1 2 Scuff R fwd across L (1), Cross R over L (2), 12.00
3 & 4 Step L back (3), Step R next to L (&), Cross L over R (4), 12.00
5 6 Step R to R side (prepping to go L) (5), ¼ turn L stepping L fwd (6), 9.00
7 & 8 ½ turn L stepping R back (7), Step L next to R (&), Step R back (8). 3.00

[9 - 16] L BACK ROCK, R RECOVER, L KICK FWD, L BALL, R POINT R SIDE, ¼ R TURNING JAZZ BOX W/ CROSS.

1 2 Rock L back (1), Recover weight fwd onto R (2), 3.00
3 & 4 Kick L fwd (3), Step L ball down in place (&), Point R toe to R side as L takes full weight (4), 3.00
5 6 Cross R over L making 1/8 turn right (4.30) (5), Step L back making 1/8 turn right (6), 6.00
7 8 Step R to R side (7), Cross L over R (8). 6.00

[17 - 24] HIP ROLL R, R BEHIND-SIDE-CROSS, PRESS R TO R SIDE, 1/8 TURN L FLICK R, R CROSSING SHUFFLE.

1 2 Roll hip to R (1), Take weight on to R (2), 6.00
3 & 4 Step L behind R (3), Step R to R side (&), Cross L over R (4) 6.00
5 6 Press R ball to R side (5), Step L fwd making 1/8 turn left flicking R back (6), 4.30
7 & 8 Cross R over L (7), Step L to L side (&), Step R fwd squaring up to side wall (8). 3.00

[25 - 32] L CROSS, R SCISSOR, CROSS R, ¼ TURN RIGHT L BACK, R BACK, TOUCH L, TOUCH R, SWIVEL R KNEE IN-OUT

1 2 & Cross L over R (1), Rock R to R side (2), Recover onto L (&), 3.00
3 4 Cross R over L (3), Step L back making ¼ turn (4), 6.00
& 5 & 6 Step R back (&), Touch L toe next to R (5), Place weight onto L (&), Touch R toe next to L (6), 6.00
7 & 8 Swivel R knee slightly right (7), Swivel R knee slight right (&), Swivel R knee slightly right (8). 6.00

Tag- On wall 3 you will do the first 6 counts of the dance up to ¼ turn left after prep. Make two large steps back to front to restart dance.

Two Restarts- On walls 5 and 7, restart dance after 16 counts (You start facing 12.00, restart happens at 6.00).

Enjoy!

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