

Check Me Out

拍数: 64 墙数: 1 级数: Phrased High Intermediate
编舞者: Anais Cordebard (USA) - March 2022
音乐: Check It Out - Oh The Larceny



USLDCC - 2022 Boston Line Dance Showdown 1ST PLACE WINNER - Intermediate/Advanced Phrased Division

Intro: 32 Counts - Sequence: A, B, Tag 1, A, B, Tag 2, B, B, B, B

PART A – 32 COUNTS

[1 -8] Walk fwd RF, LF, Out-out, In-cross, Unwind ½ turn R w/RF sweep, R coaster step, Walk fwd LF

- 1-2 Walk fwd RF (1), Walk fwd LF (2) 12:00
&3&4 Step RF out to R side (&), Step LF out to L side (3), Step RF center (7), Cross LF over RF (4) 12:00
5-6&7 Unwind ½ turn to the R sweeping RF around front to back (5), Step RF back (6), Step LF together (7), Step RF fwd (7) 6:00
8 Step LF fwd (8) 6:00

[9-16] R touch together, R press out, R heel, R swivel toe-heel-toe, L scoot w/R hitch, R cross over, slide L, R cross behind w/L hitch, Cross-back-together

- &1-2 Touch RF next to LF (&), Press ball of RF fwd diagonal (1), Drop RF heel (2) 6:00
3&4 Swivel RF toes in towards L (3), Swivel RF heel in towards L (&), Swivel RF toes in toward L (4) 6:00
&5-6 Scoot LF fwd hitching R knee (&), Step RF down crossing over LF (5), Slide out to the L (6) 6:00
7&a8 Cross RF behind LF hitching L knee (7), Cross LF over RF (&), Step RF back (a), Step LF together (8) 6:00

[17-24] Cross-back-side, Step LF center, R heel grind 1/8 turn, Step RF back, L ball change, Walk LF fwd, ½ turn R, LF cross over 1/8 turn

- &a1 Cross RF over LF (&), Step LF back (a), Step RF out to R side (1) 6:00
2-3&4 Step LF center (2), Rock R heel fwd with the RF toes pointed to the L (3), 1/8 turn to the R recovering on LF turning RF toes to the R (&), Step RF back (4) 7:30
&5-6 Step LF together (&), Step RF fwd (5), Step LF fwd (6) 7:30
7-8 Pivot ½ turn to the R stepping on RF (7), Cross LF over RF making 1/8 turn L 12:00

[25-32] R touch together, R lean side w/L heel out, L sailor step, R cross behind, L ¼ turn, L ¼ turn hip roll, R ¼ turn hip roll, R side chasse into Part B

- &1-2 Touch RF together (&), Lean out to R side on RF w/LF heel out (1), Cross LF behind RF (2) 12:00
3&4& Step RF fwd (3), Step LF side (&), Cross RF behind LF (4), ¼ turn to left stepping fwd LF (4) 9:00
5-6 Step RF to R side ¼ to the L (5) rolling hips counter-clockwise L to R w/weight ending on RF (6) 6:00
7-8& [1] ¼ to the R rolling hips back clockwise R to L w/weight ending on LF (7), Step RF to R side (8), Step LF together (&), [Step RF out to R side into Part B (1)] 9:00

PART B – 32 COUNTS

[1-8] Step R to face 9:00, Slide L, ¼ turn R chasse, ¼ turn L slide, ¼ turn R slide, ¼ turn L chasse

- 1-2 Step RF to R side to face 9:00 (1), Slide to the L (2) 9:00
3&4 ¼ turn to L step RF to R side, Step LF together, Step RF to R side 6:00
5-6 ¼ turn to L slide to L, ¼ to L slide to R 12:00
7&8 ¼ turn to L step LF to L side, Step RF together, Step LF to L side 9:00

[9-16] Diagonal fwd R coaster, Behind-side-cross, Diagonal fwd L coaster, LF together, R cross shuffle

- &1-2 1/8 turn to L diagonal step RF fwd (&), Step LF together (1), Step RF back (2) 7:30
3&4 1/8 turn to R step LF behind RF (3), Step RF to R side (&), Cross LF over RF (4) 9:00
&5-6 1/8 turn to R diagonal step RF fwd (&), Step LF together (5), Step RF back (6) 10:30
&7&8 1/8 turn to L step LF together (&), Cross RF over LF (7), Step LF to L side (&), Cross RF over LF (8) 9:00

[17-24] ¼ turn L, ½ turn L, L rock-recover R, Cross behind, ¼ turn R, Step L fwd, ½ turn R, ¼ turn R

- 1-2 ¼ turn to L stepping LF fwd (1), ½ turn to L stepping RF fwd (2) 12:00
3-4 Rock LF out to L side (3), Recover weight on RF (4) 12:00
&5-6 Cross LF behind RF (&), ¼ turn to R stepping RF fwd (5), Step LF fwd (6) 3:00
7-8 ½ turn pivot R stepping fwd on RF (7) ¼ turn stepping LF to L side (8) 12:00

[25-32] Modified R ½ turn jazz box w/ shuffle, ½ turn walk around, Shuffle fwd w/¼ turn L

- 1-2 Cross RF over LF (1), ¼ turn to R stepping back on LF (2) 3:00
3&4 Step RF to R side (3), Step LF together (&), ¼ turn to R stepping RF fwd (4) 6:00
5-6-7 ½ turn to the R walking around LF (5), RF (6), LF (7) 12:00
8& [1] Step RF fwd (8), Step LF together (&) [1/4 turn to L stepping RF to R side to go into Part B (1)] 9:00

TAG 1 – 8 COUNTS

[1-8] Walk RF fwd* w/ LF sweep, LF cross over, Unwind R, Out-out, Hold, L ball change, Walk LF fwd

- 1-2& Walk RF fwd sweeping LF around back to front (1-2), Cross LF over RF (&) 12:00
3-4 Unwind full turn to the R w/weight ending on RF (3-4) 12:00
&5-6 Step LF out to L side (&), Step RF out to R side (5), Hold (6) 12:00
&7-8 Step LF back (&), Step RF fwd (7), Walk LF fwd (8) 12:00

TAG 2 – 4 COUNTS

[1-4] Sliding Box R, L, R, L

- 1-2 ¼ turn to L slide R (1), ¼ turn to L slide L (2) 6:00
3-4 ¼ turn to L slide R (3), ¼ turn to L slide L (4) 12:00

ENDING

- 8-1 Shuffle FWD*
8&1 Step RF fwd (8), Step LF together (&), Step RF fwd (1) 12:00

*Finishing Part B into TAG 1 and ENDING just do a normal shuffle FWD without ¼ turn.

Last Update: 11 May 2022
