

Check It Out

拍数: 32 墙数: 2 级数: Improver
编舞者: Frédéric Marchand (FR) - April 2024
音乐: Check It Out - Oh The Larceny



Intro : 32 counts - Bodyweight on the left foot

Séq: 32 - 32 - 8R - 32 - 32 - 4R - 32 - 32 - 32 - 32 -16 ENDING

S1 ROCK STEP FWD R WITH TOE STRUT, RECOVER L, WEAVE, ROCK STEP FWD L WITH TOE STRUT, RECOVER R, WEAVE

1-2 Touch R Toe on diagonal Fwd (1) - Recover on LF and Drop R heel (2) [1:30]
3&4 Cross RF behind L (3) [12:00] - Step LF to L side (&) - Cross RF over L (4) [10:30]
5-6 Touch L Toe on diagonal Fwd (5) - Recover on RF and Drop L heel (6)
7&8 Cross LF behind R (7) [12:00] - Step RF to R side (&) - Cross LF over R (8)

RESTART here on the wall 3 facing 12 o'clock

S2 STEP 1/2 TURN L, 1/4 TURN L TRIPLE SIDE R, LOW SAILOR STEP L, BEHIND R

1-2 Step RF Fwd (1) - Make 1/2 turn L (2) [6:00]
3&4 Make 1/4 turn L stepping RF to right side (3) [3:00] - LF close next to R (&) - Step RF to R side (4)
5-6 Cross LF behind R (5) - Step RF to R side (6)
7-8 Step LF to L side (7) Cross RF behind L (8)

ENDING here add 1/4 turn L to finish 12h00

S3 SLIDE L, TOUCH R, KICK BALL CROSS, SLIDE R, DRAG L, ROCK STEP BACK L, RECOVER R

1-2 Big Step LF to L side (1) - Touch R Toe next to L (2)
3&4 Kick R on diagonal R Fwd (3) [4:30] - Step RF next to L (&) - Cross LF over R (4)
5-6 Big Step RF to R side (5) [3:00] - LF close next to R (6)
7-8 Step LF Back (7) - Recover on RF (8)

S4 STEP FWD L, POINT DIAGONAL R, STEP FWD R, POINT DIAGONAL L, ROCK STEP FWD L, RECOVER R, TRIPLE STEP 3/4 TURN L

1-2 Step LF Fwd (1) - Point RF on diagonal Fwd (2)
3-4 Step RF Fwd (3) - Point LF on diagonal Fwd (4)
5-6 Step LF Fwd (5) - Recover on RF (6)
7&8 Make a 3/8 turn L step LF Fwd (7) [10:30] - RF close next to L (&) - Make a 3/8 turn L step LF Fwd (8) [06:00]

TAG At the end of wall 5 face 12:00

T1 ROCKING CHAIR R

1-2 Step RF Fwd (1) - Recover on LF (2)
3-4 Step RF Back (3) - Recover on LF (4)

Start again with a smile.

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