

Check This

拍数: 32 墙数: 2 级数: Intermediate
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音乐: check - bbno\$



Intro: 16 Counts – Weight starts left foot

[1-8] Side Point, Side Point, Heel, Heel, Step Hitch x3

1&2& Point RF to R side, Ball RF next to LF, Point LF to L side, Ball LF next to RF (12:00)
3&4& Touch R heel forward, Ball RF next to LF, Touch L heel forward, Ball LF next to RF (12:00)
5-6& Step RF forward, Hitch R knee while scooting LF forward, Step RF down (12:00)
7&8 Hitch R knee while scooting LF forward, Step RF down, Hitch R knee while scooting LF forward (12:00)

[9-16] Cross, Back, Side, Cross, Back, Side, Cross, Unwind

1-2 Cross RF over LF, Step LF diagonal back L (12:00)
3-4 Step RF to R side, Cross LF over RF (12:00)
5-6 Step RF diagonal back R, Step LF to L side (12:00)
7-8 Cross RF over LF, Unwind ½ turning L (weight to RF) (6:00)

[17-24] Sailor Step, ¼ Sailor Step, ½ Pivot Turn, Hip Push

1&2 Step LF behind RF, Step RF to R side, Step LF to L side (6:00)
3&4 Step RF behind LF w/ ¼ turn R, Step LF next to RF, Step RF forward (9:00)
5-6 Step LF in front of RF, Pivot ½ R (weight to RF) (3:00)
7-8 Step LF forward while pushing hips forward, Push hips back while recovering weight to RF (3:00)

[25-32] Turning Hitch, Turning Hitch, Side Rock, Behind, Side, Cross

1-2 Step LF forward, Turn ¼ L while hitching R knee (12:00)
3-4 Step RF to R side w/ ¼ turn L, Turn ¼ L while hitching L knee (6:00)
5-6 Rock LF to L side, Recover weight RF (6:00)
7&8 Step LF behind RF, Step RF to R side, Cross LF over RF (6:00)

TAG – 16 Counts – Occurs at the end of wall 2 (facing 12:00) – Comes quickly, be ready!

[1-8] Shimmy Right, Shimmy Left

1-4 Step RF to R side while shimmying to R, Touch LF next to RF (4) (12:00)
5-8 Step LF to L side while shimmying to L, Touch RF next to LF (8) (12:00)

[9-16] Hop Forward, Shake, Hop Back, Shake, ½ Pivot Turn x2

1-2 Hop both feet forward, Shake hips (12:00)
3-4 Hop both feet backward, Shake hips (12:00)
5-6 Step RF in front of LF, Pivot ½ L (weight to LF) (6:00)
7-8 Step RF in front of LF, Pivot ½ L (weight to LF) (12:00)

Have fun! Contact NLDA@nvlinedance.com with questions!

Last Update: 12 Feb 2025