

Check It Out

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Paula J. Graves (UK)
音乐: It's Alright - Five



MAMBO BOX STEP

- 1-2 Left foot forward, right foot to side (quick quick)
- 3-4 Left foot back, hold (slow)
- 5-6 Right foot back, quarter turn to left stepping left foot forward (quick quick)
- 7-8 Close right foot to left foot, hold (slow)

MAMBO FORWARD, WHIP TURN

- 1-2 Left foot rock forward, replace weight back onto right foot (quick quick)
- 3-4 Close left foot to right foot, lift right foot off the floor commencing to ronde (slow)
- 5-6 Cross right foot behind left foot, unwind $\frac{1}{2}$ turn to right transferring weight onto left foot (quick quick)
- 7-8 Step right foot to side, hold (slow)

SKATE LEFT & RIGHT, COASTER STEP

- 1-2 Step onto left foot turning shoulders slightly to left, hold (slow)
- 3-4 Step onto right foot turning shoulders slightly to right, hold (slow)
- 5-6 Cross left foot behind right foot, step right foot to right side turning shoulders to left (quick quick)
- 7-8 Step onto left foot, hold (slow)

COASTER STEP WITH QUARTER TURN TO RIGHT, LOCK STEP FORWARD TWICE

- 1-2 Cross right foot behind left foot, step left foot to side (quick quick)
- 3-4 Quarter turn to right as you step forward right foot, hold (slow)
- 5-6 Left foot forward, cross right foot behind left foot (quick quick)
- 7-8 Repeat, left foot forward, cross right foot behind left foot (quick quick)

REPEAT
