

Check That

拍數: 64 牆數: 2
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音樂: Fact Check - NCT 127

級數: Phrased Easy Intermediate



Intro: 16 counts

Sequence: A B A A A(16cts) B A A B Tag(4cts) A A A

A (32 Counts)

S1 R Side Dip, L Side Dip, Vine R ¼ R, Touch L

12 Step R to R side with a dip, push off R and step R beside L
34 Step L to L side with a dip, push off L and step L beside R
5678 Step R to R side, step L behind R, ¼ R stepping R forward. touch L beside R (3:00)

S2 L Back, R Hitch, R Back, L Hitch, L Coaster, R Brush

12 Step L back diagonal, hitch R slapping L hand on R knee
34 Step R back diagonal, hitch L slapping R hand on L knee
5678 Step L back, step R beside L, step L forward, brush R forward

S3 Hip Push Fwd Back Fwd, ½ L Touch L, Hip Push Fwd Back Fwd, R Brush

123 Step R forward pushing hips forward, push hips back to L, push hips forward to R
4 ½ L touching L beside R (9:00)
5678 Step L forward pushing hips forward, push hips back to R, push hips forward to L, brush R forward (9:00)

Restart: ¼ L after 16 counts of the 4th A into B at 6:00

S4 Heel Strut R, ¼ L Heel Strut L, Walk Back RLRL

1234 Tap R heel forward, step R in place, ¼ L tapping L heel forward, step L in place (6:00)
5678 Step R back, step L back, step R back, step L back (6:00)

B (32 Counts) happens only facing 6:00

S1 Dip R in Circular Motion to L Side, R Together, L Fwd

1234 Step R to R side dipping down slightly, continue in circular motion gradually shifting weight to L (6:00)
5678 Step R beside L, hold, step L forward, hold

S2 R Forward, Heel Swivels ½ L, Hitch L; L Forward, Heel Swivels ½ R, Hitch R

1234 Step R fwd, swivel L heel ¼ R, swivel R heel ¼ R, (making a ½ L) hitch L slapping R hand on L knee (12:00)
5678 Step L fwd, swivel R heel ¼ L, swivel L heel ¼ L, (making a ½ R) hitch R slapping L hand on R knee (6:00)

S3 Gliding Box ¼ R x4

1234 ¼ R stepping R to R side, drag L towards R, ¼ R stepping L to L side, drag R towards L (12:00)
5678 Repeat counts 1234 (6:00)

S4 Tap R forward X 3, R Together, L Kick-ball-change, L Together, Jump

1234 Tap R forward pushing hips up for three times, step R beside L
5&67 Kick L forward, step on ball of L behind R, step R in place, step L beside R (6:00)
8 Jump on both feet with weight ending on L

Tag: After the 3rd B, bring hands straight up sideways to above head over 4 counts

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