

# Keep 'Em in Check

拍數: 32      牆數: 4      級數: Improver  
編舞者: Kaleb Shrimpton (UK) - November 2024  
音樂: Hoe Cakes - MF DOOM



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## SEC 1: side together, side shuffle, mambo step, slide, pop

1&2      step right to right side, step left right to left whilst popping right knee  
3&4      step right to right side, step left next to right, step right to right side  
5&6      rock back on the left, recover on the right and step the left to the left side  
7-8&      stag right to left, on 8 we pop both knees out going on our toes, then place feet back on the floor

## SEC 2 - rock, sailor 1/4, step lock, side pop pop

1-2      rock right to right side, recover on the left  
3&4      step right behind left, step left next to right turning a 1/4 to face 3:00, step right down in place  
5-6      step left forward then lock the right behind, popping the left knee  
7-8&      step left to left side, step right next to left whilst popping left knee, pop right knee for &

## SEC 3 - side, 1/2, walk walk swivel, pop pop

1-2      step right to right side, step left behind right turning a 1/2 to face 9:00  
3-4      step right foot forward, step left foot forward  
5-6      step right forward, twist left foot toward right going with the heel  
7-8&      twist left toward right foot, pop right knee, pop left knee

## SEC 4 - step 1/2 look, 1/2 forward, side coaster, kick ball change

1-2      step left back step right back looking back a 1/2 turn to 6:00  
3-4      turn body back around to face 9:00, step right to right side  
5&6      step left back, step right next to left, step left forward  
7&8      kick right foot forward, step right foot down, pop the right knee putting weight down on the left

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