

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



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
