

# Check It Out

拍數: 32      牆數: 2      級數: Intermediate  
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音樂: It's Alright - Five



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## 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

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