

Check It Out

拍數: 136 牆數: 4 級數: Intermediate
編舞者: Rob McKean (CAN)
音樂: Under the Hood - Billy Ray Cyrus



CHARLESTON KICKS & CLAPS

1-2 Step forward onto right foot, kick left forward & clap
3-4 Step back together onto left foot, touch right toe back & clap
5-8 Repeat steps 1-4

STEPS & SCUFFS

9-16 Step forward onto right, scuff left, step left, scuff right, step right, scuff left, step left, scuff right

TOE TOUCHES & HEEL TAPS

17-20 Touch right toe to the right side, then tap right heel 3 times
&21-24 Step together onto right foot, touch left toe to the left, then the tap left heel 3 times

BACK STEPS & HEEL TOUCHES

25-32 Step back on left, touch right heel forward, step back on right, touch left heel forward, step back on left, touch right heel forward, step back on right touch left heel forward

Steps 33-60 are a repeat of steps 1-32 with a left foot lead

CHARLESTON KICKS & CLAPS

33-34 Step forward on left, kick right foot forward & clap
35-36 Step back together onto right, touch left toe back & clap
37-40 Repeat steps 33-36

STEPS & SCUFFS

41-48 Step forward onto left, scuff right, step right, scuff left, step left, scuff right, step right, scuff left

TOE TOUCHES & HEEL TAPS

49-52 Touch left toe to left side, then tap left heel 3 times
&53-56 Step together onto the left, touch right toe to right side, then tap right heel 3 times

BACK STEPS & HEEL TOUCHES

57-64 Step back onto right, touch left heel forward, step back onto left, touch right heel forward, step back on right, touch left heel forward, step back onto left, touch right heel forward

STEP & SLIDE

65 Take a big step forward 45 degrees to your right
66-67 Slide left foot up beside right
68-69 Touch left beside right and clap, take a big step forward 45 degrees to your left
70-71 Slide right foot up beside left
72 Touch right beside left and clap

HIP BUMPS & HIP ROLLS

73-76 Bump hips to the right twice, then to the left twice
77-80 Rotate hips right to left twice

STEP & SCUFF FULL TURN

81-88 While making a full turn right, step right, scuff left, step left, scuff right, step right, scuff left, step left, scuff right

89-96 Repeat hip bumps & rolls (counts 73-80)

SIDE STEPS, SHIMMY & SLIDE.

97 Take a large step to the right
98-99 Shimmy while you slide left foot beside right
100 Touch left beside right
101 Take a large step to the left
102-103 Shimmy while you slide right foot beside left
104 Touch right beside left

FOUR 1/8 PADDLE TURNS LEFT

105-112 Step forward on right, pivot 1/8 turn left onto left. Repeat 3 times making a 1/2 turn to your left

ROCK STEPS FORWARD & BACK

113-120 Rock forward onto right, recover back onto left, rock back onto right, recover forward back onto left. Repeat, forward & back rocks

STEP SLIDE, STEP TOUCH

121-128 Step forward onto right, slide left up beside right, step forward onto right slide left up beside right and touch.. Repeat starting forward with left foot

JAZZ BOX AND TURNING JAZZ BOX

129-136 Cross right over left, step back on left, step right onto right, step together onto left. Cross right over left, step back on left making a 1/4 turn left, step right onto right, step together onto left

REPEAT

In order to phrase dance to music, when doing sequence for the third time, delete steps 57-64, the back steps and heel touches after the left lead or second set of heel taps. Go directly from the right heel taps, to the big step forward right on a 45 degree angle. This is the only time you must make any changes. Start dance on the lyrics.
