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| Check You Out |  |

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| **Count:** | 64 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Peirina Svensson (SWE) & Emma Johansson (SWE) - February 2016 | | | | |
| **Music:** | Check You Out - Darin | | | | |
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**Intro: 16 counts / 8 sec**

**Sec 1. Forward step. Right heel twist. Step back. Dip down and up. Kick and point.**

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| 1 | Step forward on R foot |

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| 2-3 | Twist both heel out right, recover on to L foot |

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| 4 | Step back on to R foot |

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| 5-6 | Bending knees dip down and up |

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| 7&8 | kick L foot forward and point out R foot to right side |

**Sec 2. Right Sailor step. Sailor ½ turn left . Chasse right. Rock recover.**

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| 1&2 | Step R behind L, step L to le side, step R to right side |

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| 3&4 | Make 1/2 turn le , step R to right side, step L to le side |

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| 5&6 | Step R to right side, step L next to right, step R to right side |

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| 7-8 | Rock back on to L foot. Recover on to R foot. |

**Sec 3. Right ball cross and hold. Ball cross and point. 1/4 turn left Forward point. Samba cross.**

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| &1 2 | Step out L foot and cross R over. Hold 2 |

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| &3 4 | Step out L foot and cross R foot over L foot and point L toe out to the le side. |

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| 5-6 | Turn 1/4 to the le and step L foot forward and point out R foot to right side |

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| 7&8 | Cross R over L, rock L to le side, recover on to R. |

**(Styling) on &1 throw your hands out to the sides.**

**Sec 4. Step ½ turn right. Lockstep forward. Out out in cross. Hip bumps**

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| 1-2 | Step L foot forward and turn ½ to right weight is now on R foot |

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| 3&4 | L foot forward, lock with R foot behind L, and step L foot forward |

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| &5&6 | Jump out out with R foot and then L foot, and jump in with R foot and cross L foot over R |

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| 7-8 | point R toe to the right and Bump R hip out to right side two times but keep the weight on L foot |

**Sec 5. 1/4 step turn left. Cross shuffle. 1/4 turn right. 1/4 turn right. Shuffle forward.**

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| 1-2 | step R foot forward, Turn 1/4 to the le |

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| 3&4 | cross R foot over L, step L foot beside R, cross R foot over L |

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| 5-6 | turn 1/4 to the right and step back on L foot, Turn 1/4 to the right and step to the right |

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| 7&8 | step L foot forward, step R foot beside L, step L foot forward |

**Sec 6. Step 1/2 Turn le . Shuffle forwards. Full Turn right. Rock recover**

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| 1-2 | step forward on right, Turn 1/2 Turn to the left |

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| 3&4 | step forward on R foot, step L foot next to R, step forward on R foot |

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| 5-6 | Turn 1/2 Turn to the right stepping back on le , Turn 1/2 Turn to the right stepping forward on right |

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| 7-8 | Rock forward on R, recover on L foot. |

**Sec 7. Back. R Stanky knee. Cross point. Jazz box turn 1/4 right.**

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| &1 2 | Small step back on L foot, step R foot beside and bend R knee towards left, recover to right. |

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| 3-4 | cross L foot over R, point R toe to the right side. |

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| 5-6 | cross R foot over L, step back on L foot, |

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| 7-8 | Turn 1/4 to the R stepping R foot to the right, cross L foot over R. |

**Sec 8. Chasse right. back rock. Syncopated vine 1/4 turn le . Step. Step.**

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| 1&2. | Step R foot to the right, step le foot beside R, step R foot to the right. |

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| 3-4 | rock L foot back, recover on right. |

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| 5 6& | step L foot to the le , step R foot behind L , Turn 1/4 to the le and step L foot forward. |

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| 7-8 | step forward on right, step forward on left . |

**Repeat and enjoy ! =)**

**\* Tag. wall 2. Right rocking chair.**

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| --- | --- |
| 1-2 | Rock forward on right, recover on left |

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| 3-4 | Rock back on right, recover on left |

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