Checklist 1,2,3

拍数: 32

级数: Low Intermediate



音乐: Checklist (feat. Chromeo) - MAX

** Intro : 8 Counts

** Restart : After 8 Counts of Wall 3 & facing (6:00)

After 16 Counts of Wall 6 & facing (3:00)

After 16 Counts of Wall 8 & facing (3:00)

[1-8] R Vine step, Close, Swivel, L Vine step, Close, Heel bounce(Knee Pop)

- 1-2& Step RF to R side, Cross LF behind RF, Step RF to R side
- 3&4 Close LF next to RF, Twist both heel to R, return both heel to center
- Step LF to L side, Cross RF behind LF, Step LF to L side 5-6&
- 7&8 Close RF next to LF, Lift heels of both feet popping Knees forward, Return Heels to floor

[9-16] R Dorothy, L Dorothy, 1/4 Turn R Forward, Full Turn R, Walk×3

- 1-2& Step RF to R diagonal, Close LF behind RF, Step RF to R side
- 3-4& Step LF to L diagonal, Close RF behind LF, Step LF to L side
- 1/4 Turn R step RF forward, 1/2 turn R step LF back, 1/2 turn R step RF forward 5-6&
- Step LF fwd, walk RF fwd, walk LF fwd 7&8

[17-24] Side, Back Rock, Side, Back Rock, Rock Forward, Close, 1/4 Turn L Forward, 1/2 Turn R Forward

- Step RF to R side, Rock Back LF, Recover weight RF 1-2&
- 3-4& Step LF to L side, Rock Back RF, Recover weight LF
- 5-6& Rock forward RF, recover LF, close RF next to LF
- 7-8 1/4 Turn L step LF forward, 1/2 turn R step RF forward

[25-32] Kick &, Back Rock, Side, Back, 1/4 R Jazz Box with Cross

- Kick LF forward, Step LF next to RF, Rock Back RF, Recover weight LF 1&2&
- 3-4 Step RF to R side, Step LF back
- Cross RF over LF, 1/4 turn R step LF back 5-6
- Step RF to R side, Cross LF over RF 7-8

** I hope you enjoy this time and be happy.

Last Update: 9 Sep 2022





墙数:4