

Check It...

拍数: 32 墙数: 4 级数: Improver
编舞者: Chris Jacobs Meyer (SA) - July 2025
音乐: Check It With The Bible, Yo NeedGod.net Original Song - NeedGod.net Music



Intro: 16 counts

Restarts: 2

Sec1: R forward mambo, L back lock, R coaster step, L side rock cross

1&2 R forward rock, recover on L, small step back on R
3&4 Step L back, cross R over L, step L back
5&6 step R back, close L to R, step R forward
7&8 L side rock, recover on R, cross L over R (12:00)

Sec2: ¾ left turn, R forward lock, L forward mambo, L back lock

1, 2 ¼ L turn by stepping back on R, ½ L turn by stepping forward on L
3&4 step R forward, cross L behind R, step R forward
5&6& L forward rock (5), recover on R (&), L small step back (6), R small step back (&)
7&8 step L back, cross R over L, step back on L (3:00)

• Restart wall 4

Sec3: R coaster step, ¼ left rock cross, ¼ left turn, ¼ left turn, ball, cross shuffle

1&2 step R back, close L next to R, step R forward
3&4 L side rock and ¼ turn right (3), recover on R (&), cross L over R (4)
5&6& ¼ turn left by stepping back on R (5), ¼ turn left by stepping L to left to side (&), cross R over L (6), step L to left (&)
7&8 cross R over L (7), step L to left (&), cross R over L (8) (12:00)

• Restart wall 2 (add an & after add to step L together, taking weight)

Sec4: left side rock, ¼ left coaster step, ½ left chase turn, full left triple turn

1, 2 L side rock, recover on R (prepping for ¼ turn)
3&4 ¼ left turn step back on L, close R to L, forward on L
5&6 step R forward, ½ turn left forward step, R forward step
7&8 ½ right turn, L back step, ¼ right close R to L, ¼ right L step forward (3:00)

Ending: add &-count for additional half-turn step (½ turn right, as if stepping forward on R), after Sec4 count 8, to end facing forward.