

# Check It Out

COPPER KNOB  
BY STEPHEN

拍數: 64      牆數: 4      級數: Phrased Intermediate  
編舞者: Betsy Courant (USA) - August 2017  
音樂: Check It Out - Oh The Larceny



Intro: 32 counts

SEQUENCE: A, B, Tag 1, A, B, Tag 2, B, Tag 3, B, B\*, Tag 3(16 cts. with ending)

THIRD PLACE PHRASED DIVISION, USLDCC, HOTLANTA LINE DANCE JAM

SECTION A: 32 counts

**A1: R SIDE, BEHIND SIDE CROSS, SIDE, KNEE POPS, L CHASSE ¼ LEFT, HOLD, OUT OUT**

- 1, 2&3      1) Step R to right side, 2) step L behind R, &) step R to right side, 3) cross L over R  
4&5      4) Step R to right side, &) lift heels as you pop knees, 5) drop both heels (weight on R)  
6&7      6) Step L to left side, &) step R next to L, 7) ¼ turn left step L forward - (9:00)  
8&1      8) Hold, &) step R out to right side, 1) step L out to left side

**A2: R MAMBO, L TOUCH BACK, ½ TURN LEFT, L SHUFFLE FWD, SHAKE**

- 2&3      2) Step R forward, &) recover L, 3) step R back  
4&5      4) Touch L toe back, &) ½ turn left on your heels (toes lifted), 5) step down on R - (3:00)  
6&7      6) Step L forward, &) step R next to L, 7) step L forward  
&a8      e&a1 Step R to right side as you shake shoulders/upper body (shimmy)

**A3: L BACK LOCK STEP, R HEEL, ¼ RIGHT/GRIND, L SIDE, R SAILOR, L FWD**

- 2&3      2) Step L back, &) cross R over L, 3) step L back  
4&5      4) Touch R heel to right side, &) ¼ turn right on R heel (grind), 5) step L to left side - (6:00)  
6 – 8      6) Step R back, &) step L next to R, 7) step R to right side, 8) step L forward

**A4: WALK AROUND ½ CIRCLE 4 COUNTS, 3 KNEE POPS, ¼ RIGHT WITH R HOOK**

- 1 – 4      Starting with R, walk around ½ circle over left shoulder as you pop knees LRLR - (12:00)  
5      Pop left knee out & lean forward, arms down in front of body, right arm crossed over left & snap fingers  
6      Pop right knee out as you start to rise up, bring arms slightly up & uncrossed, snap fingers  
7      Pop left knee as you straighten up, arms at waist level, left arm crossed over right, snap fingers  
8      Make ¼ turn right as you recover L and hook R over left, pointing right pointer finger forward - (3:00)

SECTION B: 32 counts:: For clock references below, Section B starts at original 3:00

**B1: FWD R, ½ R, ½ SHUFFLE FORWARD, ½ R SHUFFLE BACK, ½ R SHUFFLE FORWARD**

- 1 – 2      1) Step R forward, 2) make ½ turn and step L back - (9:00)  
3&4      3) Make a ½ turn right & step R forward &), step L next to R, 4) step R forward - (3:00)  
5&6      5) Make a ½ turn right & step L slightly back, &) step right beside left, 6) step left slightly back (9:00)  
7&8      7) Make a ½ turn right & step R forward &), step L next to R, 8) step R forward (3:00)

**B2: STEP, ¼ R, L CROSS & HEEL & R CROSS & HEEL & L CROSSING SHUFFLE**

- 1 – 2      1) Step L forward, 2) ¼ turn right step R to right side (6:00)  
3&4&      3) Cross L over R, &) recover R, 4) touch L heel to left diagonal, &) recover L  
5&6&      5) Cross R over L, &) recover L, 6) touch R heel to right diagonal, &) recover R  
7&8      7) Cross L over R, &) recover R, 8) cross L over R

**B3: ¼ R, ½ R, R BACK LOCK STEP, L COASTER, R KICK OUT OUT**

1 – 2 1) ¼ right step R forward, 2) ½ turn right step L back (3:00)  
3&4 3) Step R back, &) cross L over R, 4) step R back  
5&6 5) Step L back, &) step R next to L, 6) step L forward  
&7&8 7) kick R forward, &) step R to right side, 8) step L to left side

**B4: ¼ R TURNING JAZZ BOX, OUT, OUT, IN, IN**

1 – 4 1) Cross R over L, 2) ¼ right step L back, 3) step R to right side, 4) cross L over R (6:00)  
5 – 8 5) Step R to right side, 6) step L to left side, 7) step R in, 8) step L next to R

**TAG 1:**

1 – 4 1) Step R to right side, 2) Hold, 3) step L to left side, 4) Hold  
&5 – 7 &) Step R next to L, 5) touch L to left side, 6) Hold, 7) step L back  
8 e&a Leaning slightly back shake upper body and shoulders (shimmy)

**TAG 2:**

1 – 2 1) Cross R over L, 2) step L back  
3e&a4e&a Leaning slightly back shake upper body and shoulders (shimmy), a) ¼ turn right as you hook R over left (prep to Restart Section B)

**TAG 3:**

**GRAPEVINE R, TOUCH, GRAPEVINE L WITH ¼ TURN LEFT, TOUCH**

1 – 4 R to right side, left behind R, R to right side, touch L next to R  
5 – 8 L to left side, R behind L, ¼ turn left step L forward, touch R next to L

**RIGHT ROCKING CHAIR, ½ PIVOT TURN LEFT (2X)**

1 – 4 Rock R forward, recover L, rock R back, recover L  
5 – 8 Step R forward, ½ turn L step on L, step R forward, ½ turn L step on L

**GRAPEVINE R, TOUCH, GRAPEVINE L WITH ¼ TURN LEFT, TOUCH**

1 – 4 R to right side, left behind R, R to right side, touch L next to R  
5 – 8 L to left side, R behind L, ¼ turn left step L forward, touch R next to L

**WALK AROUND ½ CIRCLE 4 COUNTS, 3 KNEE POPS, ¼ RIGHT WITH R HOOK (last 8 of A)**

1 – 4 Starting with R, walk around ½ circle over left shoulder as you pop knees LRLR  
5 Pop left knee out & lean forward, arms down in front of body, right arm crossed over left & snap fingers  
6 Pop right knee out as you start to rise up, bring arms slightly up & uncrossed, snap fingers  
7 Pop left knee as you straighten up, arms at waist level, left arm crossed over right, snap fingers  
8 Make ¼ turn right as you recover L and hook R over left, pointing right pointer finger forward

**ENDING: Dance first 16 counts of Tag 3 (you'll end up at the original 12:00 wall) and step out RL on counts &1**

**\*NOTE: To clarify, the second "B" after Tag 3 starts to your front wall (there is no ¼ turn)**

Contact: (egc123@aol.com)

---