

Check It Yo!

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Annalies Schmaltz (SA) - June 2025
音樂: Check It With The Bible, Yo NeedGod.net Original Song - NeedGod.net Music



Intro: 16 counts - No Tags or restarts

Section 1: Mambo fwd, Mambo back, right rock and cross shuffle R.L.R

1& 2&3 & 4& place right foot fwd (small step), recover on left, close right next left and hold place left foot back (small step) recover on right, close left next to right and hold
5..6.7& 8 ... rock on right , cross right over left, place left foot to left side and cross right over left

Section 2: left side rock and cross shuffle L.R.L,vine to right

1.2.3&4 Step left to left side, recover on right, cross left over right, step right to right, cross left over right,
5.6.7.8 step right to right side, cross left behind right and step right to right,, touch left next to right

Section 3: Vine to left, ¼ pivot left, ¼ pivot left

1.2.3.4 step left to left, cross right behind left, step left to left, step right touch next to left
5.6.7.8 step right fwd on ball of foot turning ¼ to left, step right fwd on ball of foot turning ¼ to left

Section 4: Mambo fwd, Mambo back, jazz box on spot

1&2,&3&4& place right foot fwd (small step), recover on left, close right next left and hold place left foot back (small step) recover on right, close left next to right and hold
5.6.7.8 cross right over left, step left behind right , step right to right and close left to right
(jazzbox is danced ball-flat throughout).