

# Check It

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**Count:** 32      **Wall:** 2      **Level:** Easy Intermediate

**Choreographer:** Teresa Lawrence & Vera Fisher. May 2019

**Music:** Check it Out by Oh The Larceny. iTunes.

**Start time. 32 counts in. Bpm. 120.**

**BALL STEP CROSS. COASTER STEP, ROCK REPLACE TRIPLE ½ TURN.**

**&1-2-3&4** Rock slightly back on R diagonal, replace weight on L, cross R over L, L coaster step.

**5-6-7&8.Rock fwd on R, replace weight, triple ½ turn R. (6)**

**AND TOUCH BUMP HOLD, AND TOUCH AND TOUCH. SIDE ROCK EXTENDED CROSS SHUFFLE.**

**&1-2&3&4.**Jump to slight fwd L diagonal on L, touch R next to L, hold, (optional styling: as you do the “& touch hold” angle body to slight R diagonal pushing hips to L), counts &3&4 are step R touch L next to R, step L touch R next to L.

**5-6-7&8&1.**Side rock R, replace, extended cross shuffle. (option: on counts “&1” look to L and swing both arms to L side pointing to L side), (6)

**HOLD. SIDE ROCK & CROSS, ¼, ½ PIVOT ¼ L.**

**2-3&4.**Hold , rock L to L side, replace weight, cross L over R.

**5-6-7-8.**Make ¼ L stepping back on R, make ½ turn L and step fwd on L, step fwd on R, pivot ¼ turn L weight to end on L. (6)

**V BOX OUT OUT BACK BACK PIVOT ½ x2**

**1-2-3-4.**Step fwd and out to slight diagonals R,L, step back R,L feet together.

**5-6-7-8.**Step fwd on R, pivot ½ L, repeat. (6).

**Tags. Both facing front on end of walls 2 & 4.**

**Wall 2 do full 8 count Tag.**

**On wall 4 just do first 4 counts, so half the Tag!**

**FWD TOUCH BACK TOUCH BACK TOUCH FWD TOUCH. REPEAT**

**&1&2&3&4. Step fwd to slight R diagonal on R, touch L next to R, step back on L, touch R next to L, step back on R to slight R diagonal, touch L next to R, step fwd on L, touch R next to L**

**&5&6&7&8. Repeat above.**

**Ending. You will finish wall 8 facing the front, there is an extra 17& counts.**

**Paddle full turn L taking 7 counts to do it, you will be tapping/pointing on R and turning on your L, on count 8 step down on R facing front wall.**

**Then repeat but on the L turning R, on count 8 step down on L.**

**There will be just 1& counts left, just jump out to sides R,L.**

**Sounds hard but it's really not. Promise!**

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