

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Paul McAdam

Music: "Checkin on Me" by Roisin Murphy - Overpowered Album

Count in: Approximately 9 seconds into song 16 counts.

(1-9) SLOW COASTER CROSS, SIDE ROCK CROSS, ½ TURN, CROSS ROCK SIDE

- 1,2,3** Step back on left foot, step right foot next to left, cross left foot over right
- 4&5** Rock right foot out to right side, recover on left foot, cross right foot over left
- 6,7** Make a ¼ turn right and step back on left foot, make a ¼ turn right and step right foot to right side
- 8&1** Cross rock left foot over right, recover weight onto right, step left foot to left side

(10-17) CROSS BACK, SIDE CROSS TOUCH, CROSS TOUCH, CROSS SHUFFLE

- 2,3** Cross right foot over left foot, step back on left foot
- 4&5** Step right foot to right side, cross left foot over right, touch right toe to right side
- 6,7** Cross right foot over left, touch left toe to left side
- 8&1** Left crossing shuffle

(18-25) SIDE PRESS, BEHIND ¼ TURN, STEP ½ TURN ½ SHUFFLE BACK

- 2,3** Press right foot out to right side, recover weight onto left
- 4&5** Cross right foot behind left, make a ¼ turn left and step forward on left foot, step forward on right foot
- 6,7** Step forward on left foot, pivot ½ a turn right
- 8&1** Make a ¼ turn right and step left foot to left side, make a ¼ turn right and step right foot next to left, step left foot a big step back.

(26-32) DRAG BALL CROSS, MAMBO ROCK, STEP ½ TURN LEFT, RUN BACK X2

- 2&3** Drag right foot up to left foot, step back on ball of right foot, step forward on left foot
- 4&5** Rock forward on right foot, recover on left, step right foot together
- 6,7** Step forward on left foot, make a ½ turn LEFT and step back on right foot
- 8&** Run back on left foot, run back on right foot

START AGAIN AND ENJOY!

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=76956