

# LineDance Entertainment

Check Yourself by Shane McKeever (IRE) & Niels Poulsen (DK) - December 2025 - 32 Count, 4 Wall, Absolute Beginner  
Dance

**Intro: 64 counts from beginning of track. App. 3 secs. into track. Start with weight on L foot  
NOTE: NO TAGS, NO RESTARTS!**

**[1 – 8] Cross point X 2, R jazz box, cross**

1 – 2Cross R over L (1), point L to L side (2) 12:00

3 – 4Cross L over R (3), point R to R side (4) 12:00

5 – 8Cross R over L (5), step back on L (6), step R to R side (7), cross L over R (8) 12:00

**[9 – 16] Side R, Hold, ball side, touch together, L rolling vine, touch together**

1 – 2Step R to R side (1), Hold (2) 12:00

&3 – 4Step L next to R (&), step R to R side (3), touch L next to R (4) 12:00

5 – 8Turn  $\frac{1}{4}$  L stepping L fwd (5), turn  $\frac{1}{2}$  L stepping back on R (6), turn  $\frac{1}{4}$  L stepping L to L side (7), touch R next to L (8) 12:00

**[17 – 24] Rocking hip bumps RLR, hitch L, rocking hip bumps LRL, hitch R**

1 – 2Rock R to R diagonal bumping hips fwd (1), recover back on L bumping hips backwards (2) 12:00

3 – 4Rock R to R diagonal bumping hips fwd (3), hitch L knee next to R (4) 12:00

5 – 6Rock L to L diagonal bumping hips fwd (5), recover back on R bumping hips backwards (6) 12:00

7 – 8Rock L to L diagonal bumping hips fwd (7), hitch R knee next to L (8) 12:00

**[25 – 32] Diagonal back R&L with touches, R back rock, step  $\frac{1}{4}$  L**

1 – 2Step R back to R diagonal (1), touch L next to R (2) 12:00

3 – 4Step L back to L diagonal (3), touch R next to L (4) 12:00

5 – 6Rock back on R (5), recover on L (6) 12:00

7 – 8Step R fwd (7), turn  $\frac{1}{4}$  L stepping onto L (8) 9:00

**Start again**

**Ending You automatically finish at 12:00 when completing wall 12. Step R fwd to hit the last beat  
12:00**