

CHECK IN

Choreographer : Pol F. Ryan (jenuary 2023)

Description : 64 counts / 2 walls / 3 restarts / final / line dance

Level : Low intermediate

Music : " Stay In Your Lane ", Hinterland Country Band (single 2022)

Step sheet : M^a Jesús Osuna

Sequence : intro – 64 – 64 – 32 – 64 – 64 – 32 – 32 – 64 – 64 – 54 + final



STEPS DESCRIPTION

Intro : 8 + 32

1-8 STEP FWD (R) – STRONG STOMP BACK (L) – STEP BACK (R) – HOLD – SLOW COASTER STEP (L) – HOLD

1-2 Right step forward, strong left stomp back

3-4 Right step back, hold

5-6 Left step back, right beside left

7-8 Left step forward, hold

9-16 STEPS FWD (R-L-R) – HOLD – ROCK FWD (L) – ½ TURN L and TOE STRUT

1-2 Right step forward, left step forward

3-4 Right step forward, hold

5-6 Left step forward, recover on right

7-8 ½ turn left stepping left toe forward, drop left heel (06.00)

17-24 FULL TURN FWD with TOE STRUT – ROCK FWD (R) – ½ TURN R and FWD – HOLD

1-2 Right toe forward, ½ turn left dropping left heel

3-4 Left toe back, ½ turn left dropping right heel

5-6 Right step forward, recover on left

7-8 ½ turn right stepping right forward, hold

25-32 KICK FWD (L) – STOMP UP – KICK SIDE – STOMP – POINT SWITCHES – FLICK (R) and SLAP – STOMP

1-2 Left kick forward, stomp up left beside right

3-4 left kick to the left side, stomp left beside right

5&6& Point right to the right, step right beside left, point left to the left, step left beside right

7-8 Flick up right and slap right heel with right hand, stomp right beside left

- During wall 3,6 and 7 dance up to count 32 changing STOMP (R) by STOMP UP (R) and start again lookina at 12.00

33-40 TRAVELLING SWIVEL ONE FOOT TO R (toe heel toe) – STOMP UP (L) – TOE STRUT SIDE – TOE STRUT ½ TURN L

1-2 Shift right toe to the right, shift right heel to the right

3-4 Shift right toe to the right, stomp up left beside right

5-6 Touch left toe to the left, drop left heel

7-8 ½ turn left touching right toe to the right, drop right heel (06.00)

41-48 TOE STRUT ½ TURN L – CROSS TOE STRUT (R) – TOE STRUT SIDE (L) – ROCK BACK 1/8 TURN R – RECOVER 1/8 TURN L

1-2 ½ turn left touching left toe to the left, drop leeft heel (12.00)

3-4 Cross right toe over left foot, drop right heel

5-6 Touch left toe to the left, drop left heel

7-8 1/8 turn r stepping right back, recover on left turning 1/8 to the right

49-56 GRAPEVINE TO R ending CROSS – SIDE (R) – HOOK BEHIND (L) – SIDE – HOOK BEHIND (R)

1-2 Step right to the right, left crossed behind right

3-4 Step right to the right, left crossed over right

5-6 Step right to the right, hook left behind right

7-8 Step left to the left, hook right behind left

57-64 3 ROCKS (R-L-R) – HOOK BEHIND (L) – ROCK SIDE – ½ TURN L and SIDE – SCUFF (R)

1-2 Step right to the right with weight, change weight onto left

3-4 Change weight onto right, hook left behind right

5-6 Step left to the left, recover on right

7-8 ½ turn left stepping left to the left, scuff right

START OVER

FINAL

During wall 10 dance up to count 55 looking at 12.00 and continue with **KICK FWD (R) – CORKSCREW** to finish the dance looking again at 12.00 (left foot in front right foot)