

Check it out

Mettiu Rossi



Type : A=32 B=32 C=4, 1 Wall, A B C C A B C A A B B *final*
 Level : Classic Line Dance Intermediate
 Music : "Check it out" by Oh The Larceny (BPM 120)

PART A

[1-8]

SHUFFLE STEP, ROCK STEP, KICK BALL CROSS, BIG STEP

1 RF Step side
 & LF Step together
 2 RF Step side
 3 LF Step Backwards
 4 RF Recover weight
 5 LF Kick forward
 & LF Step together
 6 RF Cross over
 7 LF Big step side, RF start
 drag towards LF
 8 LF Hold

[9-16]

SHUFFLE STEP, STEP TURN R, SIDE, CROSS, SIDE, HEEL

1 RF Step forward
 & LF Step together
 2 RF Step forward
 3 LF Step forward, 1/2 turn R
 4 RF Step forward
 & LF 1/4 turn R, step side
 5 RF Cross behind on the ball of
 the feet
 6 RF Hold
 & LF 1/4 turn R, step side
 7 RF Touch heel diagonally forward
 8 RF Hold

[17-24]

GRAPEVINE HEEL JACK X2

& RF Step together
 1 LF Cross over
 2 RF Step side
 3 LF Cross behind
 & RF Step together
 4 LF Touch heel diagonally forward
 & LF Step together
 5 RF Cross over
 6 LF Step side
 7 RF Cross behind
 & LF Step together
 8 RF Touch heel diagonally forward

[25-32]

CROSS, PIVOT, COASTER STEP, 1/4 TOUCH TURN X3, TOUCH

& RF Step together
 1 ŠF Ôi[•• Ā c^i
 2 ŮF FĐ Ā } ŠĀ c^] Āāā, āā•
 3 ŠF Ûc^] Āāā, āā•
 & ŮF Step ġ *^c@i
 4 ŠF Ûc^] Ā i, āā
 5 RF 1/4 turn L, Touch L
 6 RF 1/4 turn L, Touch L
 7 RF 1/4 turn L, Touch L
 8 RF Touch together

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PART B

[1-8]

STEP X2, KICK X2, SAILOR

STEP X2

1 RF Step forward
 2 LF Step forward
 3 RF Kick cross diagonally forward
 4 RF Kick diagonally forward
 5 RF Cross behind
 & LF Step side
 6 RF Step side
 7 LF Cross behind
 & RF Step side
 8 LF Step side

[9-16]

SYNCOPATE WAVE X2,

HEEL JACK X2

1 RF Cross over
 & LF Step side
 2 RF Cross behind
 & LF Step side
 3 RF Cross over
 & LF Step side
 4 RF Cross behind
 & LF Step side
 5 RF Touch heel diagonally forward
 & RF Step together
 6 LF Cross over
 & RF Step side
 7 RF Touch heel diagonally forward
 & LF Step together
 8 RF Cross over

[17-24]

PIVOT, TOGETHER, FORWARD, CROSS BEHIND, LOCK STEP, 1/4 TURN R, LOCK STEP

1 LF 1/4 turn R, step backwards
 2 RF Step together
 3 LF Step forward
 4 RF Cross behind
 5 LF Step forward
 & RF Cross behind
 6 LF Step forward
 7 RF 1/4 turn R, step forward
 & LF Cross behind
 8 RF Step forward

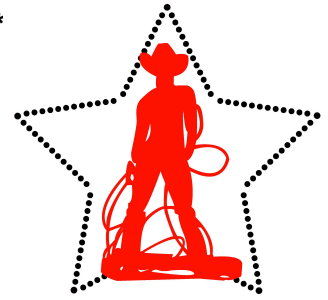
[25-32]

ROCK STEP, SYNCOPATE STEP TURN, 1/4 MONTEREY TURN X2

1 LF Step forward
 2 RF Recover weight
 3 LF ~~2A } 3A } Forward~~ Forward
 & RF ~~2A } 3A } Forward~~ Forward, 1/2 turn L
 4 LF Step forward
 5 RF Touch side
 & RF 1/4 step turn R, Step together
 6 LF Touch side
 & SF Step together
 7 RF Touch side
 & RF 1/4 step turn R, Step together
 8 LF Touch side
 & SF Step together

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PART C

HEEL, HELL, STEP, STEP

- 1 RF Heel step diagonally forward
- 2 LF Heel step side
- 3 RF Step backward
- 4 LF Step together

final

SCAF, STOMP, HELL, STEP, STEP

- & RF Scuff forward
 - 1 RF Stomp diagonally forward
 - 2 LF Heel step side
 - 3 RF Step backward
 - 4 LF Step together
 - 5 RF Heel step diagonally forward
 - 6 LF Heel step side
 - 7 RF Step backward
 - 8 LF Step together
-
- & RF Scuff forward
 - 9 RF Stomp diagonally forward
 - 10 LF Heel step side
 - 11 RF Step backward
 - 12 LF Step together
 - 13 RF Heel step diagonally forward
 - 14 LF Heel step side
 - 15 RF Step backward
 - 16 LF Step together