

## Check You Out

64 Count, 2 Wall, Intermediate

Choreographer: Peirina Svensson & Emma Johansson  
(SE) Feb 2015

Choreographed to: Check you out with Darin

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**126 Bpm****Intro: 16 counts/8 sec**

- Section 1      Forward Step. Right Heel Twist. Step Back. Dip Down And Up. Kick And Point.**  
1                    Step forward on R foot  
2-3                Twist both heel out right, recover on to L foot  
4                    Step back on to R foot  
5-6                Bending knees dip down and up  
7&8                Kick L foot forward and point out R foot to right side
- Section 2      Right Sailor Step. Sailor ½ Turn Left. Chasse Right. Rock Recover.**  
1&2                Step R behind L, step L to le side, step R to right side  
3&4                Make 1/2 turn le , step R to right side, step L to le side  
5&6                Step R to right side, step L next to right, step R to right side  
7-8                Rock back on to L foot. Recover on to R foot.
- Section 3      Right Ball Cross And Hold. Ball Cross And Point. 1/4 Turn Left Forward Point. Samba Cross.**  
&1 2                Step out L foot and cross R over. Hold 2  
&3 4                Step out L foot and cross R foot over L foot and point L toe out to the le side.  
5-6                Turn 1/4 to the le and step L foot forward and point out R foot to right side  
7&8                Cross R over L, rock L to le side, recover on to R.  
**(Styling) on &1 throw your hands out to the sides.**
- Section 4      Step ½ Turn Right. Lockstep Forward. Out Out In Cross. Hip Bumps**  
1-2                Step L foot forward and turn ½ to right weight is now on R foot  
3&4                L foot forward, lock with R foot behind L, and step L foot forward  
&5&6                Jump out out with R foot and then L foot, and jump in with R foot and cross L foot over R  
7-8                point R toe to the right and Bump R hip out to right side two times but keep the weight on L foot
- Section 5      1/4 Step Turn Left. Cross Shuffle. 1/4 Turn Right. 1/4 Turn Right. Shuffle Forward.**  
1-2                Step R foot forward, Turn 1/4 to the le  
3&4                Cross R foot over L, step L foot beside R, cross R foot over L  
5-6                Turn 1/4 to the right and step back on L foot, Turn 1/4 to the right and step to the right  
7&8                Step L foot forward, step R foot beside L, step L foot forward
- Section 6      Step 1/2 Turn Left . Shuffle Forwards. Full Turn Right. Rock Recover**  
1-2                Step forward on right, Turn 1/2 Turn to the left  
3&4                Step forward on R foot, step L foot next to R, step forward on R foot  
5-6                Turn 1/2 Turn to the right stepping back on left, Turn 1/2 Turn to the right stepping forward on right  
7-8                Rock forward on R, recover on L foot.
- Section 7      Back. R Stanky Knee. Cross Point. Jazz Box Turn 1/4 Right.**  
&1 2                Small step back on L foot, step R foot beside and bend R knee towards left, recover to right.  
3-4                Cross L foot over R, point R toe to the right side.  
5-6                Cross R foot over L, step back on L foot,  
7-8                Turn 1/4 to the R stepping R foot to the right, cross L foot over R.
- Section 8      Chasse Right. Back Rock. Syncopated Vine 1/4 Turn Left. Step. Step.**  
1&2                Step R foot to the right, step le foot beside R, step R foot to the right.  
3-4                Rock L foot back, recover on right.  
5 6&                Step L foot to the left, step R foot behind L, Turn 1/4 to the left and step L foot forward.  
7-8                Step forward on right, step forward on left .
- \* Tag.**  
1-2                Rock forward on right, recover on left  
3-4                Rock back on right, recover on left

**Repeat and enjoy!**