



Check My Pulse

32 Count 4 Wall Intermediate Level Dance.

Choreographed by: Jean-Pierre Madge (CH) & Adam Astmar (SWE) Mar 2025

Choreographed to: Zombie by Larry Fitzgerald

Intro: 16 Counts. Start at approx 10 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 WALK, WALK, SCUFF ¼, TOUCH, SIDE ROCK, BEHIND-SIDE-CROSS

- 1-2 Walk forward on RF, Walk forward on LF
- 3&4 Scuff RF forward, Turn ¼ R step to R on RF, Touch LF next to RF (3:00)
- 5-6 Rock to L on LF, Recover on RF
- 7&8 Step LF behind RF, Step to R on RF, Cross LF over RF

SEC 2 SIDE HIP ROLL, TOUCH BUMP, ¼ BACK, ¼ SIDE, CROSS SHUFFLE, HOLD, SIDE, BACK SWEEP

- 1-2 Step to R on RF roll hips counter clockwise, Touch L toe to L diagonal bump L hip forward
- 3-4 Turn ¼ R step back on LF, Turn ¼ R step to R on RF (9:00)
- 5&6 Cross LF over RF, Step to R on RF, Cross LF over RF
- 7&8 Hold, Step to R on RF, Step back on LF sweep RF from front to back

SEC 3 BEHIND, SIDE, BOTAFOGO, CROSS, ¼ BACK, CHASSE

- 1-2 Step RF behind LF, Step to L on LF
- 3&4 Cross RF over LF, Rock to L on LF, Recover on RF
- 5-6 Cross LF over RF, Turn ¼ L step back on RF (6:00)
- 7&8 Step to L on LF, Close RF next to LF, Step to L on LF

SEC 4 CROSS ROCK, ROLLING VINE, TOUCH, CHASSE ¼ TURN

- 1-2 Cross rock RF over LF, Recover on LF
- 3-4 Turn ¼ R step forward on RF, Turn ½ R step back on LF (3:00)
- 5-6 Turn ¼ R step to R on RF, Touch LF next to RF (6:00)
- 7&8 Step to L on LF, Close RF next to LF, Turn ¼ L step forward on LF (3:00)

