

Check This Out (Mei 2025)

Choreographer : Ivonne Verhagen & Sascha Wolf

Type of dance : 4 wall line dance

Level : High Improver

Counts : 32

Intro: 32 counts

[Home](#)

Music : Check This Out

Artist : LÖNIS & Little League

BPM : 124

[Dancevideo](#)

SEC 1 Dorothy Step, Together, Heel Bounce, Dorothy Step, Together, Heel Bounce

1-2& Step right forward to right diagonal, lock left behind right, step right forward to right diagonal

3&4 Step left beside right, lift both heels, drop both heels

5-6& Step left forward to left diagonal, lock right behind left, step left forward to left diagonal

7&8 Step right beside left, lift both heels, drop both heels

SEC 2 Rock, Pony, Rock, ½ Hitch

1-2 Rock right forward, recover weight on to left

3&4 Step right back hitching left knee, step left beside right, step right back hitching left knee

5-6 Rock left forward, recover weight on to right

Styling Roll body forward, roll body back

7-8 Transfer weight on to left, turn ½ right hitch right (6:00)

Styling Roll body forward

Wall 8, Dance Tag 2 then Restart

SEC 3 Step, ½ Back, Coaster Step, Step, ½ Back, Coaster Step

1-2 Step right forward, turn ½ right step left back (12:00)

3&4 Step right back, step left beside right, step right forward

5-6 Step left forward, turn ½ left step right back (6:00)

7&8 Step left back, step right beside left, step left forward

SEC 4 Side Rock, Full Triple Turn, Side Rock & Side Rock, ¼ Recover

1-2 Rock right to right lifting left toes off the floor, recover weight on to left

3&4 Turn ½ right step right forward, turn ½ right step left beside right, step right forward (6:00)

5-6& Rock left to left, recover weight on to right, step left beside right

7-8 Rock right to right, turn ¼ left recover weight on to left (3:00)

Tag 1 At the end of Walls 3 and 6

¾ Walk Around

1-2 Step right forward, turn ⅛ left step left forward (1:30)

3-4 Turn ⅛ left step right forward, turn ⅛ left step left forward (10:30)

5-6 Turn ⅛ left step right forward, turn ⅛ left step left forward (7:30)

7-8 Turn ⅛ left step right forward, step left forward (6:00)

Vine Touch, Side, Hold, Arms

1-2 Step right to right, step left behind right

3-4 Step right to right, touch left beside right

5-6 Step left to left, hold

7-8 Raise right hand up above head pointing right index finger forward

Tag 2 After 16 counts of Wall 8

Forward, 1/4turn right (to 12:00), Arms

1-2 Step right forward, ¼ turn right with a sweep with left

3-4 Raise right hand up above head pointing right index finger forward