

Check My Pulse

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Count: 32

Wall: 4

Level: Easy Intermediate WCS

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Intro: 16 counts from start of track, approx. 10 seconds.

Sect - 1: Walk R, L. Scuff $\frac{1}{4}$ Touch. Side Rock. Behind-Side-Cross.

1 - 2 Walk forward on RF (1), LF (2).

**3 & 4 Scuff RF forward (3). Turn $\frac{1}{4}$ R step to R on RF (&). Touch LF next to RF (4).
[3:00]**

5 - 6 Rock to L on LF (5). Recover on RF (6).

7 & 8 Step LF behind RF (7). Step to R on RF (&). Cross LF over RF (8).

**Sect - 2: Side with Hip Roll. Touch with Bump. $\frac{1}{4}$. $\frac{1}{4}$. Cross Shuffle. Hold. Ball Side.
Back Sweep.**

**1 - 2 Step to R on RF roll hips counter clockwise (1). Touch L toe to L diagonal bump L
hip forward (2).**

3 - 4 Turn $\frac{1}{4}$ R step back on LF (3). Turn $\frac{1}{4}$ R step to R on RF (4). [9:00]

5 & 6 Cross LF over RF (5). Step to R on RF (&). Cross LF over RF (6).

7 & 8 Hold (7). Step to R on RF (&). Step back on LF sweep RF from front to back (8).

Sect - 3: Behind. Side. Botafogo. Cross. $\frac{1}{4}$. Chasse.

1 - 2 Step RF behind LF (1). Step to L on LF (2).

3 & 4 Cross RF over LF (3). Rock to L on LF (&). Recover on RF (4).

5 - 6 Cross LF over RF (5). Turn $\frac{1}{4}$ L step back on RF (6). [6:00]

7 & 8 Step to L on LF (7). Close RF next to LF (&). Step to L on LF (8).

Sect - 4: Cross Rock. Rolling Vine. Touch. Chasse $\frac{1}{4}$ Turn.

1 - 2 Cross rock RF over LF (1). Recover on LF (2).

3 - 4 Turn $\frac{1}{4}$ R step forward on RF (3). Turn $\frac{1}{2}$ R step back on LF (4). [3:00]

5 - 6 Turn $\frac{1}{4}$ R step to R on RF (5). Touch LF next to RF (6). [6:00]

7 & 8 Step to L on LF (7). Close RF next to LF (&). Turn $\frac{1}{4}$ L step forward on LF (8). [3:00]

Have fun!

Last Update: 9 Mar 2025