

Check Yourself

LINEDANCE.COM

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Shane McKeever (IRE) & Niels Poulsen (DK) - December 2025

Intro: 64 counts from beginning of track. App. 3 secs. into track. Start with weight on L foot

NOTE: NO TAGS, NO RESTARTS!

[1 - 8] Cross point X 2, R jazz box, cross

1 - 2 Cross R over L (1), point L to L side (2) 12:00

3 - 4 Cross L over R (3), point R to R side (4) 12:00

5 - 8 Cross R over L (5), step back on L (6), step R to R side (7), cross L over R (8) 12:00

[9 - 16] Side R, Hold, ball side, touch together, L rolling vine, touch together

1 - 2 Step R to R side (1), Hold (2) 12:00

&3 - 4 Step L next to R (&), step R to R side (3), touch L next to R (4) 12:00

5 - 8 Turn $\frac{1}{4}$ L stepping L fwd (5), turn $\frac{1}{2}$ L stepping back on R (6), turn $\frac{1}{4}$ L stepping L to L side (7), touch R next to L (8) 12:00

[17 - 24] Rocking hip bumps RLR, hitch L, rocking hip bumps LRL, hitch R

1 - 2 Rock R to R diagonal bumping hips fwd (1), recover back on L bumping hips backwards (2) 12:00

3 - 4 Rock R to R diagonal bumping hips fwd (3), hitch L knee next to R (4) 12:00

5 - 6 Rock L to L diagonal bumping hips fwd (5), recover back on R bumping hips backwards (6) 12:00

7 - 8 Rock L to L diagonal bumping hips fwd (7), hitch R knee next to L (8) 12:00

[25 - 32] Diagonal back R&L with touches, R back rock, step $\frac{1}{4}$ L

1 - 2 Step R back to R diagonal (1), touch L next to R (2) 12:00

3 - 4 Step L back to L diagonal (3), touch R next to L (4) 12:00

5 - 6 Rock back on R (5), recover on L (6) 12:00

7 - 8 Step R fwd (7), turn $\frac{1}{4}$ L stepping onto L (8) 9:00

Start again

Ending You automatically finish at 12:00 when completing wall 12. Step R fwd to hit the last beat 12:00

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=56CR7K4