

# CHECKIN' IN

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**Count:** 32                      **Wall:** 4                      **Level:** beginner

**Choreographer:** Stella Wilden & Rija Falkenberg

**Music:** I'm Checking In To The Lost & Found by River Gibbs

## RIGHT, TOUCH, LEFT, TOUCH, RIGHT, TOUCH, LEFT, TOUCH

1                      Right foot step to side right

### Wave arms above head from left to right over count 1 & 2

2                      Left foot touch beside right foot

3                      Left foot step to side left

### Wave arms above head from right to left over count 3 & 4

4                      Right foot touch beside left

5                      Right foot step to side right

### Wave arms above head from left to right over count 5 & 6

6                      Left foot touch beside right foot

7                      Left foot step to side left

### Wave arms above head from right to left over count 7 & 8

8                      Right foot touch beside left

## WALK FORWARD, RIGHT, LEFT, RIGHT, LEFT, DOWN, DOWN, UP, UP

### Hold waists or anything else you can grab

1                      Right foot step forward (small step)

2                      Left foot step forward (small step)

3                      Right foot step forward (small step)

4                      Left foot step forward (small step)

5                      Stomp forward right foot (as if going down stairs)

6                      Stomp forward left foot (going down a little more)

7                      Stomp forward right foot (coming up slightly)

8                      Stomp forward left foot (raising to full height)

## **STEP ½ TURN LEFT, RIGHT SHUFFLE, LEFT SHUFFLE**

- 1** Step forward right foot
- 2** Turn ½ turn to left transferring weight to left foot
- 3&4** Shuffle forward right, left, right
- 5&6** Shuffle forward left, right, left
- 7** Step forward on right foot
- 8** Pivot ¼ turn to left transferring weight to left foot

## **RIGHT, SLIDE, LEFT, SLIDE**

- 1** Right foot step to side right
- 2-3-4** Slide left foot to right foot
- 5** Left foot step to side left
- 6-7-8** Slide right foot next to left

## **REPEAT**

## **OPTIONAL FUNKY ENDING:**

- 1** Right foot step to right side weight ends on right foot
- 2** Move body down
- 3** Move body and weight across to right foot (center)
- 4** Right foot close to left foot raise body upwards
- 5** Left foot step to left side weight ends on right foot
- 6** Move body down
- 7** Move body and weight across to left foot (center)
- 8** Left foot close to right foot weight ends on left foot