

**Coreografia Ufficiale AICOWED COUNTRY CUP 2025**

**LIVELLO 3**

# Check It Out

Choreographer: Mettiu Rossi (ITA)

Description: A=32 B=32 C=4, 1 Wall, AB C C A B C A A B B final

Music: "Check It Out" - Oh The Larceny

**PART A**

[1-8]

SHUFFLE STEP, ROCK STEP,  
KICK BALL CROSS, BIG STEP

- 1 RF Step side  
& LF Step together
- 2 RF Step side
- 3 LF Step Backwards
- 4 RF Recover weight
- 5 LF Kick forward  
& LF Step together
- 6 RF Cross over
- 7 LF Big step side, RF start drag towards LF
- 8 LF Hold

[9-16]

SHUFFLE STEP, STEP TURN R,  
SIDE, CROSS, SIDE, HEEL

- 1 RF Step forward  
& LF Step together
- 2 RF Step forward
- 3 LF Step forward, 1/2 turn R
- 4 RF Step forward  
& LF 1/4 turn R, step side
- 5 RF Cross behind on the ball of  
6 RF the feet Hold  
& LF 1/4 turn R, step side
- 7 RF Touch heel diagonally forward
- 8 RF Hold

[17-24]

GRAPEVINE HEEL JACK X2

- & RF Step together
- 1 LF Cross over
- 2 RF Step side
- 3 LF Cross behind  
& RF Step together
- 4 LF Touch heel diagonally forward  
& LF Step together
- 5 RF Cross over
- 6 LF Step side
- 7 RF Cross behind

& LF Step together 8 RF Touch heel diagonally forward 2/3 [25-32] CROSS, PIVOT, COASTER STEP, 1/4 TOUCH TURN X3, TOUCH & RF Step together 1 LF Cross over 2 RF 1/4 turn L, step backwards LF Step backwards & RF Step together 4 LF Step forward 5 RF 1/4 turn L, Touch L 6 RF 1/4 turn L, Touch L 7 RF 1/4 turn L, Touch L 8 RF Touch together

#### PART B

[1-8]

STEP X2, KICK X2, SAILOR STEP X2

1 RF Step forward

2 LF Step forward

3 RF Kick cross diagonally forward

4 RF Kick diagonally forward

5 RF Cross behind

& LF Step side

6 RF Step side

7 LF Cross behind

& RF Step side

8 LF Step side

[9-16]

SYNCOPE WAVE X2, HEEL JACK X2

1 RF Cross over

& LF Step side

2 RF Cross behind

& LF Step side

3 RF Cross over

& LF Step side

4 RF Cross behind

& LF Step side

5 RF Touch heel diagonally forward

& RF Step together

6 LF Cross over

& RF Step side

7 RF Touch heel diagonally forward

& LF Step together

8 RF Cross over

[17-24]

PIVOT, TOGETHER, FORWARD, CROSS BEHIND,

LOCK STEP, 1/4 TURN R, LOCK STEP

1 LF 1/4 turn R, step backwards

2 RF Step together

3 LF Step forward

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4 RF Cross behind  
5 LF Step forward  
& RF Cross behind  
6 LF Step forward  
7 RF 1/4 turn R, step forward  
& LF Cross behind  
8 RF Step forward

[25-32]

ROCK STEP, SYNCOPATE STEP TURN,  
1/4 MONTEREY TURN X2

1 LF Step forward  
2 RF Recover weight  
3 LF 1/2 turn L, step forward  
& RF Step forward, 1/2 turn L  
4 LF Step forward  
5 RF Touch side  
& RF 1/4 step turn R, Step together  
6 LF Touch side  
& LF Step together  
7 RF Touch side  
& RF 1/4 step turn R, Step together  
8 LF Touch side  
& LF Step together

PART C

HEEL, HELL, STEP, STEP

1 RF Heel step diagonally forward  
2 LF Heel step side  
3 RF Step backward  
4 LF Step together

FINAL

SCAF, STOMP, HELL, STEP, STEP

& RF Scuff forward  
1 RF Stomp diagonally forward  
2 LF Heel step side  
3 RF Step backward  
4 LF Step together  
5 RF Heel step diagonally forward  
6 LF Heel step side  
7 RF Step backward  
8 LF Step together  
& RF Scuff forward  
9 RF Stomp diagonally forward  
10 LF Heel step side  
11 RF Step backward  
12 LF Step together  
13 RF Heel step diagonally forward  
14 LF Heel step side  
15 RF Step backward  
16 LF Step together

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