Check Yourself

Compte: 32 **Mur:** 4 **Niveau:** Absolute Beginner
Chorégraphe: Shane McKeever (IRE) & Niels Poulsen (DK) - December 2025
Musique: It's not right but it's okay - Whitney Houston (Felix Jaehn mix)

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 ¼ L stepping L fwd (5), turn ½ L stepping back on R (6), turn ¼ 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 ¼ 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 ¼ 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