ISPY

Description: 32 counts. 4 Walls Intermediate Line Dance

Choreographer: Paul McAdam

Music: "Checkin on Me" by Roisin Murphy Overpowered Album

Count in: Approximately 9 seconds into song 16 counts.



1-9 SLOW COASTER CROSS, SIDE ROCK CROSS, ½ TURN, CROSS ROCK SIDE

- 1,2,3 Step back on left foot, step right foot next to left, cross left foot over right
- 4&5 Rock right foot out to right side, recover on left foot, cross right foot over left
- 6,7 Make a ¼ turn right and step back on left foot, make a ¼ turn right and step right foot to right side
- 8&1 Cross rock left foot over right, recover weight onto right, step left foot to left side

10-17 CROSS BACK, SIDE CROSS TOUCH, CROSS TOUCH, CROSS SHUFFLE

- 2,3 Cross right foot over left foot, step back on left foot
- 4&5 Step right foot to right side, cross left foot over right, touch right toe to right side
- 6,7 Cross right foot over left, touch left toe to left side
- 8&1 Left crossing shuffle

18-25 SIDE PRESS, BEHIND ¼ TURN, STEP ½ TURN ½ SHUFFLE BACK

- 2,3 Press right foot out to right side, recover weight onto left
- 4&5 Cross right foot behind left, make a ¼ turn left and step forward on left foot, step forward on right foot
- 6,7 Step forward on left foot, pivot ½ a turn right
- 8&1 Make a ¼ turn right and step left foot to left side, make a ¼ turn right and step right foot next to left, step left foot a big step back.

26-32 DRAG BALL CROSS, MAMBO ROCK, STEP 1/2 TURN LEFT, RUN BACK X2

- 2&3 Drag right foot up to left foot, step back on ball of right foot, step forward on left foot
- 4&5 Rock forward on right foot, recover on left, step right foot together
- 6,7 Step forward on left foot, make a ½ turn LEFT and step back on right foot
- 8& Run back on left foot, run back on right foot

START AGAIN AND ENJOY!