

Check My Pulse

Count: 32

Wall: 4

Level: Easy Intermediate WCS

Choreographer: Jean-Pierre Madge (CH) & Adam Åstmar (SWE) - February 2025

Music: Zombie - Lewis Fitzgerald : (iTunes)



Intro: 16 counts from start of track, approx. 10 seconds.

Sect – 1: Walk R, L. Scuff ¼ Touch. Side Rock. Behind-Side-Cross.

- 1 – 2 Walk forward on RF (1), LF (2).
- 3 & 4 Scuff RF forward (3). Turn ¼ R step to R on RF (&). Touch LF next to RF (4). [3:00]
- 5 – 6 Rock to L on LF (5). Recover on RF (6).
- 7 & 8 Step LF behind RF (7). Step to R on RF (&). Cross LF over RF (8).

Sect – 2: Side with Hip Roll. Touch with Bump. ¼. ¼. Cross Shuffle. Hold. Ball Side. Back Sweep.

- 1 – 2 Step to R on RF roll hips counter clockwise (1). Touch L toe to L diagonal bump L hip forward (2).
- 3 – 4 Turn ¼ R step back on LF (3). Turn ¼ R step to R on RF (4). [9:00]
- 5 & 6 Cross LF over RF (5). Step to R on RF (&). Cross LF over RF (6).
- 7 & 8 Hold (7). Step to R on RF (&). Step back on LF sweep RF from front to back (8).

Sect – 3: Behind. Side. Botafogo. Cross. ¼. Chasse.

- 1 – 2 Step RF behind LF (1). Step to L on LF (2).
- 3 & 4 Cross RF over LF (3). Rock to L on LF (&). Recover on RF (4).
- 5 – 6 Cross LF over RF (5). Turn ¼ L step back on RF (6). [6:00]
- 7 & 8 Step to L on LF (7). Close RF next to LF (&). Step to L on LF (8).

Sect – 4: Cross Rock. Rolling Vine. Touch. Chasse ¼ Turn.

- 1 – 2 Cross rock RF over LF (1). Recover on LF (2).
- 3 – 4 Turn ¼ R step forward on RF (3). Turn ½ R step back on LF (4). [3:00]
- 5 – 6 Turn ¼ R step to R on RF (5). Touch LF next to RF (6). [6:00]
- 7 & 8 Step to L on LF (7). Close RF next to LF (&). Turn ¼ L step forward on LF (8). [3:00]

Have fun!

Last Update: 9 Mar 2025