



# Check My Pulse

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[Jean-pierrem@bluewin.ch](mailto:Jean-pierrem@bluewin.ch) - Switzerland  
[contact@adamastmar.se](mailto:contact@adamastmar.se) - Sweden



**Information:** 32 Counts, 4 wall, Easy Intermediate WCS.  
**Choreographers:** Jean-Pierre Madge (CH), Adam Åstmar (SE).  
**Music:** "Zombie" by Lewis Fitzgerald (2:06) ~ 112 bpm.  
**Intro:** 16 counts from start of track, approx. 10 seconds.

Section	Steps & Explanations	End Facing
<b>Sect – 1</b>	<b>Walk R, L. Scuff ¼ Touch. Side Rock. Behind-Side-Cross.</b>	
1 – 2	Walk forward on RF (1), LF (2).	12'00
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).	3'00
7 & 8	Step LF behind RF (7). Step to R on RF (&). Cross LF over RF (8).	3'00
<b>Sect – 2</b>	<b>Side with Hip Roll. Touch with Bump. ¼. ¼. Cross Shuffle. Hold. Ball Side. Back Sweep.</b>	
1 – 2	Step to R on RF roll hips counter clockwise (1). Touch L toe to L diagonal bump L hip forward (2).	3'00
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).	9'00
7 & 8	Hold (7). Step to R on RF (&). Step back on LF sweep RF from front to back (8).	9'00
<b>Sect – 3</b>	<b>Behind. Side. Botafogo. Cross. ¼. Chasse.</b>	
1 – 2	Step RF behind LF (1). Step to L on LF (2).	9'00
3 & 4	Cross RF over LF (3). Rock to L on LF (&). Recover on RF (4).	9'00
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).	6'00
<b>Sect – 4</b>	<b>Cross Rock. Rolling Vine. Touch. Chasse ¼ Turn.</b>	
1 – 2	Cross rock RF over LF (1). Recover on LF (2).	6'00
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

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.

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