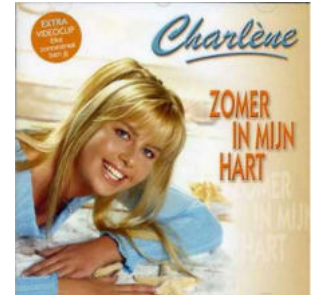


# KIJK ME NOG HEEL EVEN AAN [Just Look At Me]

Muziek: Charlene  
<https://www.amazon.de/Zomer-Mijn-Hart-Charlene/dp/B0002NBDJC>  
Track # 4 Time 3:35 Available from choreographer  
Rhythm Rumba Phase : V + 1(Adv Slidg Door) + Several U  
Footwork: Opposite except where (Noted)  
Release Date: Mars 25  
Choreo: Jos Dierickx Beverloestwlg 14B2 3583 Paal Belgium  
Email: [jos.dierickx@telenet.be](mailto:jos.dierickx@telenet.be)  
Sequence: INTRO AB A C A(17-24) A(21-24) END



## INTRO

### 01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; ROMANTIC SWAY'S ; ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {Romantic Sway's} Sd L hip roll LF, rec R hip roll RF, [Rel Id hnds] fwd & sd L and swiv LF (W RF) to bk to bk sweep ld hnds up & around to end stretched out to sd at shldr level, -; Sd R hip roll RF, rec L hip roll LF, sd R & swiv RF (W LF) to fc ptr sweep ld hnds up & around to end stretched out to sd at shldr level to BFLY WALL, -;

## PART A

### 01-04 ALEMANA OVERTURNED to SHADOW WALL ; ; ADVANCED SLIDING DOOR ; ;

{Alemana Overtrnd to Shadow Wall} Fwd L, rec R, cl L raisg ld hnds (W bk R, fwd L, fwd R comm RF swiv to M's lft sd), -; Bk R, rec L, small fwd R join lft hnds M's rt hnd on W's rt shldr blade (W fwd L trng RF under jnd ld hnds, cont trn to fc M fwd R, cont trn fwd L to fc WALL join lft hnds W's rt hnd extended to sd) to Shadow Wall, -; {Advanced Sliding Door} Fwd L on ball of ft pressure into floor & body trn to right, rec R, XLib slightly LF trn (W bk R keep pressure into floor w/ ball of ft as body trn right, rec L slight body trn left, XRIF), -; Slide R ft to sd into a pt w/ body trn to left no wgt chg, rec upright no wgt chg, cl R trn RF to fc WALL (W sd L w/ body stetch to left in lunge line, rec R, XLib) to Shadow WALL, -;

### 05-08 ADVANCED SLIDING DOOR/W SPIRAL to FAN ; ; HOCKEY STICK ; ;

{Advanced Sliding Door/ W Spiral to Fan} Fwd L on ball of ft pressure into floor & body trn to right, rec R, XLib slightly LF trn (W [QQQQ] bk R keep pressure into floor w/ ball of ft as body trn rt, rec L slight body trn lft, XRIF, spiral LF), -; Bk R, rec L, sd R (W fwd L to Lod, fwd R swiv ½ LF, bk L) to Fan Pos, -; {Hockey Stick} Fwd L, rec R, cl L (W cl R, fwd L, fwd R), -; Sm bk R raisg ld hnds, rec L, long fwd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd ld hnds, bk L) to LOP-FCG DRW, -;

### 09-12 OP HIP TWIST INTO FACING FAN LOD ; ; NEW YORKER/ W WRAP FACING LOD ; OPPOSITE CUCARACHA ;

{OP Hip Twist to Fcg Fan LOD} Chk fwd L, rec R, cl L (W bk R, fwd L, fwd L, pushg off M's ld hnd swvl ¼ RF), -; Bk R, rec L trng ¼ LF to LOD, fwd R (W fwd L, trng LF sd R, cont LF trn bk L to RLOD), -; {New Yorker/W Wrap Fcg LOD} Swiv RF on R rk fwd L to LOP Wall, rec R jng trlg hnds low, raisg ld hnds high to lead W to trn LF small sd L and lower ld hnds (W swiv LF on L fwd R to LOP Wall, bk R comm RF trn under jnd ld hnds, small fwd R cont trng ½ RF under jnd ld hnds) to Wrap Pos Fcg LOD, -; {Opp Cucaracha} Rk sd R twd WALL (W rk sd L twd COH), rec L, cl R, -;

### 13-16 OPPOSITE CUCARACHA /W ROLL to LOP LOD ; KIKI WALK 3 ; OPPOSITE X-CHECK & CHANGE SIDES ; SPOT TURN ;

{Opp Cucaracha's/W Roll to LOP LOD} Rk sd L COH, rec R, cl L (W rk sd R WALL rec L comm LF roll twd COH, fwd R cont LF roll leavg ld hnds jnd) to end in LOP both fcg LOD, -; {Kiki Walk 3} [Plac each ft ifo the other w/ a swiv] Fwd R, L, R, -; {Opp X-Check & Chng Sds} XLif (W XRif), rec R, sd L to OP LOD, -; {Spot Trn} Relg hnds XRif (W XLif) trng LF, rec L compg full trn, sd R to BFLY WALL, -;

### 17-20 BACK BREAK to ½ OP LOD ; OP IN & OUT RUNS ; ; CHECK THRU RECOVER SIDE ;

{Bk Break to ½ OP LOD} XLib trng to ½ OP LOD, rec R, fwd L twd ½ OP LOD, -; {OP In & Out Runs} Fwd R begin RF trn, sd & fwd L Xg ifo W cont trn, sd & fwd R to ½ LOP LOD [w/ trl arms out to sd] (W Fwd L, R, L), -; Fwd L, R, L (W fwd R begin RF trn, sd & fwd L Xg ifo M cont trn, fwd & sd R) to ½ OP DLC [w/ ld arms out to sd], -; {Check Thru Rec sd} XRif bent knee, rec R to fc ptr, sd L to BFLY WALL, -;

### 21-24 OP BREAK to FULL NATURAL TOP ; ; ;

{OP Break to Full Nat Top} Rk apt L xtndg rt arm up w/ palm out, rec R lowerg rt arm trng ¼ RF, sd L (W rk apt R xtndg lft arm up w/ palm out, rec L lowerg lft arm, trng ¼ RF fwd R) to RLOD, -; XRib, sd L, XRib (W sd L, XRif, sd L), -; Sd L, XRib, sd L (W XRif, sd L, XRif), -; XRib, sd L, cl R (W sd L, XRif, cl L) to CP WALL, -;

## PART B

### 01-04 BASIC HALF ; UNDERARM TURN INTO LARIAT/W OVERTURNED TRANS SHADOW ; ; ;

{1/2 Basic} Fwd L, rec R, sd L, -; {Underarm Trn} [Raisg ld hnds] Bk R, rec L, sd R (W XLif comm RF trn under ld hnd, cont RF trn rec R, fwd L to M's rt sd), -; {Lariat / W Overtrn Trans Shadow} Sd L, rec R, cl L (W circle around M CW w/ QQS jnd ld hnds fwd L, R, R), -; Sd R, rec L, cl R (W cont circle (QQQQ) around M CW w/ jnd ld hnds fwd L, R, fwd L RF trn to fc Wall, sd R) to Shadow Wall, -;

**05-08 SHADOW FENCE LINE ; SHADOW CRAB WALKS ; ; FAN/W TRANS ;**

**{Shadow Fence Line}** [Same footwork] XLIF, rec R, sd L, -; **{Shadow Crab Walks}** XRif [W trl arm circle CCW], sd L, XRif, -; Sd L [W cont trl arm circle CCW], XRif, sd L, -; **{Fan /W Trans}** XRif, rec L, sd R (W [QQ&S] bk R comm LF trn, cont LF trn sd & fwd L twd LOD/cont LF trn sd R, cont trn fc LOD bk L) to Fan Pos, -;

**09-12 START STOP & GO INTO CROSS BODY ; ; REVERSE UNDERARM TURN ; SPOT TURN ;**

**{Start Stop & Go Into Cross Body}** Chk fwd L, rec R raisg lft arm to lead W to a LF underarm trn, sd L fcg wall bringing ld arm down sharply and placg rt hnd on W's bk to an "L" pos (W cl R, fwd L, fwd R, trng sharply ½ LF under jnd hands to fc LOD), -; Bk R comm LF trn to CP, rec L comp LF trn to CP COH, sd R (W fwd L comm LF trn, fwd & sd R to CP cont LF trn to fc ptr, sd L) to CP COH, -; **{Reverse Underarm Trn}** [Raisg jnd ld hnds] XLif, rec R, sd L (W XRif undr jnd ld hnds trng ½ LF, rec L contg LF trn to fc ptr, sd R) to BFLY COH, -; **{Spot Trn}** [Relg hnds] XRif (W XLif) trng LF, rec L compg full trn, sd R to BFLY COH, -;

**13-17 START CROSS BODY to TUMMY CHECK & BACK w/ rt Hndshk ; ; FINISH CROSS BODY ; SYNCOPATED HIP ROCKS ;**

**{Start X-Body to Tummy Check & Bk w/ rt Hndshk}** Fwd L, rec R trng ¼ LF to RLOD, sd L (W bk R, rec L, fwd R), -; (Stop the W w/ ld hnd) Lunge sd R, rec L, cl R (W [both arms fwd] fwd L, rec R, cl L), -; Lunge sd L to rt Hndshk, rec R, cl L to R (W bk R, rec L, cl R), -; **{Finish X-Body}** Bk R, rec L trng ¼ LF to fc ptr, sd R (W fwd L comm LF trn, fwd & sd R cont LF trn to COH, sd & bk L) to BFLY WALL, -; **{Sync Hip Rocks}** [QQ&Q] Rk sd L hnds low, rk sd R/rk sd L, rk sd R;

## PART C

**01-04 CONTINUOUS CHASE w/ UNDERARM PASS to TANDEM COH ; ; PEEK TWICE ; ;**

**{Continuous Chase w/ Underarm Pass to TANDEM COH}** Fwd L trng ½ RF keepg ld hnds jnd behind M, rec R, fwd L (W bk R, rec L, fwd R twds M's lft sd), -; Bk R raisg jnd ld hnds, rec L, sd R (W fwd L, fwd R trng ½ LF under jnd ld hnds, fwd & sd L contg to trn ½ LF) to TANDEM COH [w/ ld hnds still jnd above the head W], -; **{Peek 2}** Sd L, rec R, cl L (W sd lookg ovr lft shldr, rec L, cl R), -; Sd R, rec L, cl R (W sd L lookg ovr rt shldr, rec R, cl L), -;

**05-08 CONTINUE to TANDEM WALL ; ; PEEK TWICE/W SWIVEL to FACE & rt HNDSHK ; ;**

**{Continue to Tandem WALL}** Fwd L trng ½ RF keepg ld hnds jnd bhnd M, rec R, fwd L (W fwd R trng ½ LF, fwd L, fwd R twds M's lft sd), -; Repeat meas 2,3 Part C ; ; **{W Swivel to Fc}** Sd R, rec L, cl R (W sd L lookg ovr rt shldr, rec R swiv ½ RF to fc ptr, cl L) to rt Hndshk WALL, -;

**09-12 TRADE PLACES TWICE ; ; TRADE PLACES/W SPIRAL ; W OUT to FACE ;**

**{Trade Places x 2}** [rt hndshk] Rk apt L, rec R trng ¼ RF to fc RLOD beh W then rel jnd rt hnds, cont to trn RF to fc ptr & COH stepping sd & bk L (W rk apt R, rec L trng ¼ LF to fc RLOD ifo M then rel jnd rt hnds, cont LF trn to fc ptr & WALL stepping sd & bk R) jng lft hnds, -; With lft hnds jnd rk apt R, rec L trng ¼ LF to fc RLOD beh W then rel jnd lft hnds, cont to trn LF to fc ptr & WALL stepping sd & bk R (W rk apt L, rec R trng ¼ RF to fc RLOD ifo M then rel jnd lft hnds, cont RF trn to fc ptr & COH stepping sd & bk L) jng rt hnds, -; **{Trade Places/W Spiral}** Rk apt L, rec R comm to pass rt shldrs while trng ¼ LF and keepg rt -hnds jnd, cont to trn LF stepping sd L twd COH (W [QQQQ] apt R, rec L, fwd R, spiralg 7/8 LF undr rt hnds), -; **{W Out to Fc}** [relsg hnds] Trng bdy RF to fc COH stp fwd twd COH R, L, R (W fwd COH L, fwd R trng ½ LF to fc WALL, sd & bk L) to BFLY COH, -;

**13-16 CROSS BODY/W SPIRAL ; ; FENCE LINE w/ ARMSWEEP TWICE ; ;**

**{Cross Body/W Spiral}** Fwd L, rec R, sd & bk L trng ¼ LF (W bk R, rec L, fwd R spiralg 7/8 LF under jnd ld hnds) to "L" CP M fcg RLOD W fcg WALL, -; Bk R contg LF trn, rec L comp LF trn to CP WALL, sd R (W comm trng LF fwd L, fwd & sd R cont trng LF to fc ptr, sd L) to BFLY WALL, -; **{Fence Line w/ Armsweep x 2}** XLif (W XRif) w/ bent knee ld arm circle CW (W CCW) ifo body, rec R, sd L, -; XRif (W XLif) w/ bent knee trl arm circle CCW (W CW) ifo body, rec L, sd R to BFLY WALL, -;

## ENDING

**01-02 ROMANTIC SWAY'S INTO RIGHT LUNGE ; ;**

**{Romantic Sway's}** Repeat meas 3 Intro ; Sd R hip roll RF, rec L hip roll LF, sd R & swiv RF (W LF) lower on R & point L to LOD to BFLY POS sweep ld hnds up & around to end stretched out to sd at shldr level, -;