

Pick Her Up

Count: 32

Wall: 4

Level: Beginner

Choreographer: Heather Rowe (AUS) - February 2020

Music: Pick Her Up (feat. Travis Tritt) - Hot Country Knights



Heel Touches, heel heel, toe toe, heel hook, heel, touch

- 1 – 4 Touch right heel forward, touch left heel forward
- 5 – 8 Touch right heel forward, touch left heel forward
- 9 – 12 Touch right heel forward twice, touch right toe back twice
- 13 – 16 Touch right heel forward, hook right foot across left, touch right heel forward, touch right foot beside left.

Vine right and left with ¼ turn, k-step

- 17 – 20 Step right foot to right side, cross left behind right, step right foot to right side, touch left beside left.
- 21 – 24 Step left foot to left side, cross right foot behind left, step left foot to left side with ¼ turn left, touch right foot beside left.
- 25 – 28 Step forward on right diagonal, touch left beside right, step back on left foot, touch right beside left foot
- 29 – 32 Step back on right diagonal, touch left beside right, step forward on left, touch right beside left foot

Restart on wall 10 count 24

**Steps beginners learn in this dance –
Restarts, Vines, K-step, Heel Touches, Hooks.**
