

Pick Up the Phone

Count: 32

Wall: 4

Level: Beginner

Choreographer: Moe Qureshi (USA) - November 2023

Music: Phone (feat. Sam Tompkins & Em Beihold) - Meduza



Dance Start When Artists says the word Something

Section 1 {1-8}: Side Rock R, R crossing shuffle , Side Rock L, Behind side Forward

- 1-2 Rock out to the R side, Recover on L
- 3&4 R Crossing Shuffle (cross R over L, Step L to side, Cross R over L)
- 5-6 Rock L out to side, Recover on R
- 7&8 L being R, R to R side, L forward

Section 2{9-16}: Triple Step Forward R,L,R, Step Forward L, Pivot ½ over R shoulder, Triple Step L,R,L, R Mambo Step.

- 1&2 Triple Step Forward R,L,R
- 3-4 Step Forward on L, Pivot ½ over R shoulder
- 5&6 Triple Step L,R,L
- 7&8 Rock Forward on R, Recover on L, Step back on R

Section 3 {17-24}: Step Forward on L, Hold, Heel bounces x2 ¼ R, Hip Sways

- 1-2 Step Forward on L, Hold
- 3-4 Heel Bouce x2 while doing a ¼ turn over R shoulder
- 5-8 Sway hip R, Sway hip L, Sway hip R, Sway hip L weight on L

Section 4 {25-32}: Sailor Step X2, Jazz Box

- 1&2 Cross R behind L, step L to L side, step R to R side
- 3&4 Cross L behind R, Step R to R side, Step L to L side
- 5-8 Cross R over L, Step L back, step R to Side, Cross L over R.

Tag Happens Here on Wall 8 after 32 counts are done

Tag 4 Counts: V step

- 1-4 Step R to R diagonal, Step L to L diagonal, Return R to center, Step L next to R.

Lets Dance! Have Fun!

Contact Moequreshi11@gmail.com

Last Update – 15 Nov. 2023 – R2