

Pick You Up

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Nolwenn BERTIN (FR) - March 2018

Musique: Pick You Up - LANCO : (Album: Hallelujah Nights)



Start after 16 counts

SWAY, RIGHT TRIPLE, LEFT CROSS ROCK, LEFT TRIPLE ¼ LEFT

- 1 - 2 Right sway on right side, recover
- 3 & 4 Right triple on right side (R-L-R)
- 5 - 6 Left cross rock over right foot, recover
- 7 & 8 Left triple forward with ¼ turn left (L-R-L) 9 :00

Restart: wall 6, start the dance again from the beginning

LOCK STEP FORWARD RIGHT & LEFT, RIGHT MAMBO FORWARD, WALK BACK LEFT & RIGHT

- 1 & 2 Right lock triple forward (R-L-R)
- 3 & 4 Left lock triple forward (L-R-L)
- 5 & 6 Right Mambo forward
- 7 - 8 Walk back left foot, walk back right foot

LEFT COASTER STEP, ROCK ¼ CROSS, LEFT FORWARD, RIGHT TOUCH, RIGHT BACKWARD, LEFT KICK, BEHIND SIDE CROSS

- 1 & 2 Left Coaster step
- 3 & 4 Right Rock step forward with ¼ turn left ending right crossed over left 6:00
- 5 & 6& L in L diagonal forward & touch R close to L, R backward & L kick forward
- 7 & 8 Left behind side cross

RIGHT POINT X2, BEHIND SIDE CROSS ¼ LEFT, LEFT CROSS UNWIND ½ RIGHT, HIP BUMPS L&R

- 1 & 2 Right point to right side & touch next to L, right point to right side
- 3 & 4 Right behind side cross with ¼ turn left (end Right forward) 3:00
- 5 - 6 Cross Left over Right, unwind ½ turn right (recover on right) 9 :00
- 7 - 8& Hip bumps Left & Right & recover on left

START AGAIN AND HAVE FUN !

Memo

R. Right :: Fwd Forward

L. Left :: Bwd Backward

BCh Ball Change :: Tch Touch

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