Pick Me Up



Compte: 48 Mur: 4 Niveau: Intermediate

Chorégraphe: Karl-Harry Winson (UK), Jamie Barnfield (UK) & Willie Brown (SCO) - October

2024

Musique: Call Me - Cascada



Intro: 32 Counts (Start on vocals)

Right Extended Grapevine. Right Chasse. Left Back Rock.

1 – 4 Step Right to Right side. Cross Left behind Right. Step Right to Right side. Cross Left over

Right.

Step Right to Right side. Close Left beside Right. Step Right to Right side.

7 – 8 Rock back on Left. Recover forward on Right. (12.00)

1/4 Turn Toe Strut. 1/2 Turn Toe Strut. 1/4 Turn Toe Strut. Right Back Rock.

1 – 2 Turn 1/4 Turn Right touching Left toe back (click both hands up at shoulder height). Drop Left

heel.

3 – 4 Turn 1/2 Turn Right touching Right toe forward (drop both hands down to waist). Drop Right

heel.

5 – 6 Turn 1/4 Turn Right touching Left toe to Left side (click both hands up at shoulder height.

Drop Left heel.

7 – 8 Rock back on Right. Recover forward on Left. (drop both hands down to waist). (12.00)

Right Kick Ball Cross. Side. Drag. Left Sailor Step. Touch Back. 1/2 Turn Right.

1&2 Kick Right to Right diagonal. Step Right beside Left. Cross Left over Right. (12.00)

3 – 4 Step Big step out to Right side. Drag Left foot up towards Right. (12.00)
5&6 Cross Left behind Right. Step out on Right. Step Left out to Left side. (12.00)

7 – 8 Touch Right toe back. Pivot 1/2 turn Right transferring weight forward onto Right (6.00).

Step. Pivot 1/2 Turn Right. Walk Forward: Left, Right. Forward Rock. Back-Together.

1 – 4 Step Left forward. Pivot 1/2 Turn Right. Walk forward on Left. Walk forward on Right. (12.00)

**TAG 2

5 – 6 Rock forward on Left. Recover weight back on Right. (12.00)

7 – 8 Step Left back. Close Right beside Left (weight on Right foot). (12.00)

Left Toe Strut. Step Pivot 1/2 Turn. Right Toe Strut. Step Pivot 1/4 Turn.

1 – 4 Touch Left toe forward. Drop the heel. Step Right forward. Pivot 1/2 turn Left.

5 – 8 Touch Right toe forward. Drop the heel. Step Left forward. Pivot 1/4 turn Right.

Cross. Hitch. Back. Sweep. Behind-Side-Cross. Hold. Ball-Cross.

1 – 2 Cross Left over Right into Right diagonal corner. Hitch Right knee up towards diagonal

(10.30).

3 – 4 Cross Right back behind Left. Sweep Left from front to back (straightening up to 9.00 Wall).

5&6 Cross Left behind Right. Step Right to Right side. Cross Left over Right.

7&8 Hold. Step Right beside Left. Cross step Left over Right. *TAG 1(end of Wall 3)

Start Again!

*Tag 1: End of Wall 3 (facing 3.00) add the following 4 counts.

Right Diagonal Rocking Chair.

1 – 4 Rock Right forward to Right diagonal. Recover on Left. Rock Right back behind Left. Recover on Left.

^{*}Tag 2/Restart: During Wall 6, Dance 28 Counts and add the following 2 Counts.

Stomp. Hold/Clap 1 – 2 St

Stomp Left beside Right. Hold/Clap Hands.