

Pick Me

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Donna Manning (USA) - October 2015
音乐: Good Gets Here - Toby Keith : (CD: 35 MPH Town)



#32 count intro from where beat kicks in

Sec. 1: □ Kick, Behind, Side, Cross, Kick, Behind, ¼ Turn, ¼ Turn

1,2,3,4 Kick R to fwd diagonal, Step R behind L, L to L side, Cross R over L
5,6,7,8 Kick L to fwd diagonal, Step L behind R, (keep these 2 turns close) ¼ turn R stepping R
fwd, ¼ turn R stepping L to side (6:00)

Sec. 2: □ Toe Heel Struts

Styling if wanted: use turn out from the hip for each toe touch, either with a straight leg or bent knee – both add a cool feel to the part. Remember to let the pelvis turn with each toe touch....ex. R toe and R hip goes back and L hip comes fwd – CBP

1,2,3,4 Touch R toe fwd, drop heel and take weight, touch L toe fwd, drop that heel and take weight
5,6,7,8 repeat 1-4 (6:00)

RESTART: Wall 4 that starts facing 9:00 – you will be facing 3:00 for the restart

Sec. 3: □ Back, Kick with a clap – sequence 4X

Styling if you choose: small dip down and up through the hip of the leg stepping back. On the kick make sure you use turn out from the hip of that leg

1,2,3,4 Step R back, kick L fwd and clap, step L back, kick R fwd and clap
5,6,7,8 repeat 1-4 (6:00)

Sec. 4: □ Rock, Recover, Step, Pause, Step, ½ Turn, ¼ Turn, Touch

1,2,3,4 Rock R back, recover to L, step R fwd, pause
5,6,7,8 Step L fwd, ½ turn R taking weight to R, ¼ turn R stepping L to L side, touch R next to L
(3:00)

Restart in wall 4 after 16 counts

Have FUN!!

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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