

# Pick Me Up

拍数: 32      墙数: 4      级数: Improver  
编舞者: Brandi Hughes (CAN) - September 2016  
音乐: Pick Me Up - Brett Kissel : (amazon & iTunes)



## Sec 1. Coaster Step, Rock/Recover, Back Shuffle, Sailor ½ Turn

1&2      Step Right back (1), Step Left back beside right (&), Step Right forward (2)  
3-4      Step Left forward (3), Recover weight back onto Right (4)  
5&6      Step Left back (5), Step Right back beside left (&), Step Left back (6)  
7&8      Sweep Right leg around behind left making ½ turn right (6:00), Step Left slightly to left side (&), Step Right at center (8)

## Sec 2. Side Rock/Recover, Cross Shuffle, ½ Pivot Turn (x2)

1-2      Step Left to left side (1), Recover weight on Right (2)  
3&4      Cross Left over right (3), Step Right to right side (&), Cross Left over right (4)  
5-6      Step Right forward (5), Make ½ turn left taking weight (12:00) (6)  
7-8      Step Right forward (7), Make ½ turn left taking weight (6:00) (8)

**\*\*Restart Here on Wall 4\*\***

## Sec 3. Toe Strut Jazz Box

1-2      Cross Right toe over left (1), Step down on Right (2)  
3-4      Step Left toe back (3), Step down on Left (4)

**\*Restart Here on Wall 2\***

5-6      Step Right toe to center (5), Step down on Right (6)  
7-8      Cross Left toe over right (7), Step down on Left (8)

## Sec 4. Scissor Step, ¼ Toe Strut, Rocking Chair, Skate Left/Right

1&2      Step Right to right side (1), Step Left beside right (&), Cross Right over left (2)  
3-4      Step Left toe ¼ turn left (3:00) (3), Step down on Left foot (4)  
5&6&      Step Right forward (5), Recover weight back on left (&), Step Right back (6), Recover weight forward on left (&)  
7-8      Keep Right foot flat sliding forward and onto right diagonal (7), Keep Left foot flat sliding forward on Left diagonal (8)

**Restarts:-**

**Wall 2 – Restart after 20 Counts**

**Wall 4 – Restart after 16 Counts**

**Have fun!**