

# Pick You Up

**COPPER** **KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Nolwenn BERTIN (FR) - March 2018  
音乐: 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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