

# Pick Her Up

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Heather Rowe (AUS) - February 2020  
音乐: Pick Her Up (feat. Travis Tritt) - Hot Country Knights



## Heel Touches, heel heel, toe toe, heel hook, heel, touch

- 1 – 4      Touch right heel forward, touch left heel forward
- 5 – 8      Touch right heel forward, touch left heel forward
- 9 – 12     Tough right heel forward twice, touch right toe back twice
- 13 – 16    Touch right heel forward, hook right foot across left, touch right heel forward, touch right foot beside left.

## Vine right and left with ¼ turn, k-step

- 17 – 20    Step right foot to right side, cross left behind right, step right foot to right side, touch left beside left.
- 21 – 24    Step left foot to left side, cross right foot behind left, step left foot to left side with ¼ turn left, touch right foot beside left.
- 25 – 28    Step forward on right diagonal, touch left beside right, step back on left foot, touch right beside left foot
- 29 – 32    Step back on right diagonal, touch left beside right, step forward on left, touch right beside left foot

Restart on wall 10 count 24

Steps beginners learn in this dance –  
Restarts, Vines, K-step, Heel Touches, Hooks.

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