

# Pick Up Man

拍数: 152      墙数: 0      级数: Phrased Advanced  
编舞者: Luke Shrimpton (UK) - November 2023  
音乐: Pickup Man - Joe Diffie



Intro: 16 Counts – Start on Lyrics

Order: A,Tag,A,B,A,B,C,B

## PART A: 48c

### [1-8] Weave R, Side Shuffle R, Rock, Recover

1-4            Step right to right side, Step left behind right, Step right to right side, Cross left foot over right  
4&6           Step right to right, Step left next to right, Step right to right  
7,8            Rock back on left foot, Recover weight onto right

### [9-16] ¼ Shuffle Left, ¼ Side Shuffle Right, ½ Side Shuffle Left, Stomp R,L

9&10           Step left foot forward ¼ turn left, Step right to left, Step left foot forward  
11&12          Step right foot to right side turning ¼ turn left, Step left to right, step right to right side.  
13&14          Step left to left side turning a ½ turn left, step right together, step left to left  
15,16          Stomp right in place, Stomp left in Place

### [17-24] R Heel, Side, R Behind and Cross, L Heel, Side, L Behind and Cross

17,18          Place right heel in front, place right heel to right side  
19&20          Right behind left, left to left side, cross right in front of left  
21,22          Place left heel forward, place left heel to left side  
23&24          Left behind right, right to right side, cross left in front of right.

### [25-32]: Toe Strut R,L, Step, Pivot ¼ Left, Step, Pivot ¼ Left,

25,26          Place right toe forward, drop weight on to right heel  
27,28          Place left toe forward, drop weight on to left heel  
29,30          Step right foot forward, turn ¼ left putting weight onto left  
31,32          Step right foot forward, turn ¼ left putting weight onto left

### [33-40] Weave L

33-36          Cross right over left, Step left to left, Step right behind right, step left to left,  
37-40          Cross right over left, Step left to left, Step right behind right, step left to left,

### [41-48] Jazz-box ¼ R, Step, Pivot ½, Step, Pivot ½,

41-44          Cross right over left, step back on left step right ¼ to right, step left next to right.  
45,46          Step right foot forward, pivot ½ turn to left putting weight onto left foot  
47,48          Step right foot forward, pivot ½ turn to left putting weight onto left foot

## Tag:

### [1-8] Rocking chair R x2

1-4            Rock weight forward on to right foot, Recover weight back on to left, Rock weight back on  
                 right, Recover weight forward on to left  
5-8            Rock weight forward on to right foot, Recover weight back on to left, Rock weight back on  
                 right, Recover weight forward on to left

## Part B: 80c

### [1-8] Side shuffle right, ¼ Side Shuffle L, ¼ Side Shuffle R, ½ Shuffle Forward L

1&2            Step right to right, Step left next to right, Step right to right side  
3&4            Step left to left while turning ¼ left, step right next to left, step left to left side  
5&6            Step right to right while turning ¼ left, step left to left, step right to right side

7&8 Step left foot forward turning ½ turn left, step right next to right, step left foot forward.

**[9-16]: R Kick & Touch & Heel & Touch & 3 x Heel dig ¼ turn, Hitch ,**

9&10 Kick right foot forward, put weight on right, Touch left behind right

&11& Step onto left, place right heel forward, step onto right,

12& Touch left toe behind right, step onto left

13-15 Touch right heel forward, touch right heel forward while turning 1/8 turn right, touch right heel forward while turning 1/8 turn right.

16 Hitch right

**[17-24] R Sailor, L Sailor, R Behind, Unwind ½ turn, Side shuffle R**

17&18 Step right behind left, step left to left side, step right to right side

19&20 Step left behind right, step right to right side, step left to left side

21,22 Step right behind left, unwind ½ turn right putting weight onto left

23&24 Step right to right side, step left to right, step right to right side

**[25-32] L Cross Rock, Recover, L Shuffle ¼ Turn, Step, Pivot ½ turn, Walk R,L**

25,26 Cross rock left over right, Recover weight on to right

27&28 Step left foot forward ¼ left, step right to left, step left foot forward

29,30 Step forward on right foot, Pivot ½ turn left putting weight on left

31,32 Step forward right, Step forward left

**[33-40] Side shuffle right, ¼ Side Shuffle L, ¼ Side Shuffle R, ½ Shuffle Forward L**

33&34 Step right to right, Step left next to right, Step right to right side

35&36 Step left to left while turning ¼ left, step right next to left, step left to left side

37&38 Step right to right while turning ¼ left, step left to left, step right to right side

39&40 Step left foot forward turning ½ turn left, step right next to right, step left foot forward.

**[41-48]: R Kick & Touch & Heel & Touch & 3 x Heel dig, Hitch ,**

41&42 Kick right foot forward, put weight on right, Touch left behind right

&43& Step onto left, place right heel forward, step onto right,

44& Touch left toe behind right, step onto left

25-47 Touch right heel forward, touch right heel forward but not as far forward, touch right heel in place

48 Hitch right

**[49-56] R Rock Forward, Recover, R Rock to R, Recover, Step in place R,L, Bounce Heels x2**

49,50 Rock right forward, recover weight on left

51,52 Rock right to right, recover weight on left

53,54 Step right in place, Step left in place

55,56 Bounce both heels twice

**[57-64] L Rock Forward, Recover, L Rock to L, Recover, Step in place L,R, Bounce Heels x2**

57,58 Rock left forward, recover weight on right

59,60 Rock left to left, recover weight on right

61,62 Step left in place, Step right in place

63,64 Bounce both heels twice

**[65-72] L Rock Back, Recover, L Rock to L, Recover, Step in place L,R, Bounce Heels x2**

65,66 Rock left back, recover weight on right

67,68 Rock left to left, recover weight on right

69,70 Step left in place, Step right in place

71,72 Bounce both heels twice

**[73-80] R Rock Back, Recover, R Rock to R, Recover, Step in place R,L, Bounce Heels x2**

73,74 Rock right back, recover weight on left  
75,76 Rock right to right, recover weight on left  
77,78 Step right in place, Step left in place  
79,80 Bounce both heels twice

**Part C: 24c**

**[1-8] R Kick, Ball, Cross x2, Rock R to R, Recover, Behind, Side Cross**

1&2 Kick right to right, step weight onto right, Cross left over right  
3&4 Kick right to right, step weight onto right, Cross left over right  
5,6 Rock right to right, Recover the weight on to left  
7&8 Step right behind left, Step left to left side, Step right across left.

**[9-16] L Kick, Ball, Cross x2, Rock L to L, Recover, Behind, Side Cross**

9&10 Kick left to left, step weight onto left, Cross right over left  
11&12 Kick left to left, step weight onto left, Cross right over left  
13,14 Rock left to left, Recover the weight on to right  
15&16 Step left behind right, Step right to right side, Step left across right.

**[17-24] Step R Forward, Pivot ¼ L x4**

17,18 Step right foot forward, Pivot ¼ left putting weight on to left  
19,20 Step right foot forward, Pivot ¼ left putting weight on to left  
21,22 Step right foot forward, Pivot ¼ left putting weight on to left  
23,24 Step right foot forward, Pivot ¼ left putting weight on to left

---