

# Pick Me

拍数: 32      墙数: 4      级数: Improver  
编舞者: Magali Chabret Erhard (FR) - June 2024  
音乐: Pick Me - Alec Benjamin



## 16 counts intro

### S1 – CROSS, POINT SIDE, KICK BALL POINT, CROSS, BACK, R CHASSE

1-2            Cross Rf over Lf – point Lf to L side  
3&4            Kick Lf forward – step Lf beside Rf – point Rf to R side  
5-6            Cross Rf over Lf – step Lf back  
7&8            Step Rf to R side – step Lf beside Rf – step Rf to R side

### S2 – SAILOR ¼ TURN L, MAMBO FWD, STEP BACK L/R, L COASTER STEP

1&2            Cross ball on Lf behind Rf – turn 1/4 L stepping Rf beside Lf – step Lf forward (9:00)  
3&4            Rock Rf forward – recover onto Lf – step Rf back  
5-6            Step Lf back – step Rf back  
7&8            Step Lf back – close Rf next to Lf – step Lf forward

### S3 –STEP FWD, STEP PIVOT ½ TURN R, LOCK STEP DIAG L, LOCK STEP DIAG R, SCUFF STEP

1-2-3            Step Rf forward – step Lf forward – turn 1/2 pivot R, taking weight on Rf (3:00)  
4&5            Step Lf diagonally forward L – lock Rf behind Lf – step Lf diagonally forward L  
6&7            Step Rf diagonally forward R – lock Lf behind Rf – step Rf diagonally forward R  
&8            Scuff L heel forward – step Lf slightly forward

### S4 – SYNCOPATED WEAVE R, L SAILOR STEP, BALL SIDE, TOUCH

1-2&3-4            Step Rf to R side – step Lf behind Rf – step Rf to R side – cross Lf over Rf – step Rf to R side  
5&6            Cross ball of Lf behind Rf – step ball of Rf to R side – step Lf to L side  
&7-8            Step ball of Rf next to Lf – step Lf to L side – touch Rf next to Lf

### Tag : 8 counts tag after wall 3 (9:00) :

### CROSS, POINT SIDE, KICK BALL POINT, BEHIND, ¼ TURN L, PIVOT ½ TURN L

1-2            Cross Rf over Lf – point Lf to L side  
3&4            Kick Lf forward – step Lf beside Rf – point Rf to R side  
5-6            Step Rf behind Lf – turn 1/4 L stepping Lf forward (6:00)  
7-8            Step Rf forward – pivot 1/2 turn L, taking weight on Lf (12:00)

« Croquez la vie à pleines danses ! » Magali Chabret - [galicountry76@yahoo.fr](mailto:galicountry76@yahoo.fr)

Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.