

# Pick Me Nigel

拍数: 44      墙数: 4      级数: Improver  
编舞者: Craig Cooke (UK)  
音乐: Pure And Simple - Hear'Say



The choreographer was age 15 when this dance was created.

## MAMBO ROCKS

1&2      Rock out to right side onto right foot, rock back onto left & touch right beside left  
3&4      Rock out to left side onto left foot, rock back onto right & touch left beside right  
5&6      Rock forward on right, rock back onto left, step right beside left  
7&8      Rock back onto left foot, rock forward onto right foot, step left beside right

## CHASSE ¼ TURN, ½ TURN RIGHT JUMP & STOMP

9&      Step right to right side, close left beside right  
10      Step right making ¼ turn to right  
11&12      Step left foot forward making ½ pivot turn to right side  
13-14      Jump back onto right, jump forward onto left and touch right beside left (with no weight)

## WEAVES LEFT & RIGHT

1&2      Step left to left side, cross right behind left, step left to left side  
3-4      Cross right over left, point left to left side (hold for one beat)  
5&6      Step right to right side, cross left behind right, step right to right side  
7-8      Cross left over right, point right to right side (hold for two beats)

## LEFT SAILOR STEP, ¼ TURN TO RIGHT, ½ PIVOT TURN TO RIGHT SIDE, RIGHT LOCK STEP, LEFT MAMBO ROCK FORWARD

1&2      Cross left behind right, step right to right side, stepping ¼ turn to your right side  
3&4      Step left foot forward and pivot ½ turn to right side  
5&6      Step forward on right foot, lock left behind right, step forward on right  
7&8      Rock forward on left, back on right. Step left beside right

## MAMBO TO RIGHT SIDE, LEFT SHUFFLE FORWARD, ½ PIVOT TURN LEFT, RIGHT LOCK STEP

9&10      Rock out to right side on right foot, rock back onto left foot, touch right beside left  
11-12      Step forward on left foot, close right beside left, step forward onto left foot  
13&14      Step forward right and make a ½ pivot turn to the left  
15&16      Step forward right, lock left behind right, step forward onto right foot

## MAMBO TO LEFT SIDE, RIGHT SHUFFLE FORWARD, ½ PIVOT TURN TO LEFT, LEFT LOCK STEP

17-18      Rock to left side onto left foot, rock back onto right foot and touch left beside right  
19-20      Step forward onto right foot, close right beside left, step forward left  
21&22      Step left forward, pivot ½ turn to the right side  
23&24      Step forward onto left foot, lock right behind left, step forward right

## REPEAT