

Pick Me Up

拍数: 32 墙数: 4 级数: Improver
编舞者: Susan Byrne (AUS)
音乐: I'd Rather Ride Around With You - Reba McEntire



FORWARD, FORWARD, FULL TURN, FORWARD, FORWARD, SCUFF, TOUCH, STOMP

1-2 Step forward left-right
3&4 Hook & step left foot behind right to begin a full turn, turning left, step right-left
5-6 Step forward right-left
7&8 Scuff right, touch right ball at 45 degrees, tap right heel down (weight on left)

HEEL, HEEL, SCOOT BACKWARDS, HEEL STOMPS, HEEL SPLITS

9-10 Tap right heel at 45 degrees right, tap right heel forward
11&12 Lift right knee, scoot backwards on left, step backwards right, step left beside right (weight ends on both feet)
13-14 With weight forward on balls of feet, lift both heels, stomp heels, lift both heels, stomp heels
&15-16 With weight forward on balls of feet, lift both heels & turn them out, click heels together, stomp heels (weight ends on right)

BALL CHANGE, ½ PIVOT TURN, HOLD, BALL STEP, BALL STEP

&17 Step ball of left slightly backwards, step right slightly forward
18-19-20 Pivoting on balls of feet ½ turn to left, swiveling heels right, ½ turn right swiveling heels left, hold
&21-22 Step left next to right, step forward right, hold
&23-24 Step left next to right, step forward right, hold

½ PIVOT TURN, SCUFF/STEP, SCUFF/STEP, ROCK/STEP, TURN, TOUCH

25-26 Step forward on left, on balls of feet ½ pivot turn to right (weight ends forward on right)
27-28 Scuff left to left side, step left forward
29-30 Scuff right to right side, rock/step right forward
31-32 Step backwards on left, lift right leg turning ¼ turn right, step down on right (weight ends on right)

REPEAT
