Pick Up The Pieces



拍数: 56 墙数: 4 级数: Intermediate

编舞者: Mark Caley (UK) & Jan Caley (UK)

音乐: Pick Up the Pieces - Average White Band



Start 16 counts from start of track - no vocals

RIGHT KICK BALL TOUCH BACK, TWIST KICK ½ TURN LEFT, LEFT COASTER, RIGHT SHUFFLE

1&2 Right kick forward, step right in place, touch left toe back

3&4 Twist heels right, left, kick left foot forward (4) making ½ turn left (6:00)

5&6 Left coaster step left, right, left
7&8 Right shuffle forward right, left, right

ROCK RECOVER, COASTER, ROCK RECOVER, RIGHT 1/4 TURN SIDE SHUFFLE

9-10 Rock forward on left, recover weight on to right

11&12 Left coaster step left, right, left

13-14 Rock forward on right, recover weight on to left

15&16 Make a ¼ turn right and chasse right, left, right (9:00)

Optional 1 1/4 right turn side shuffle

ROCK RECOVER, POINT, ROCK RECOVER, STEP SIDE, ROCK RECOVER, POINT, BEHIND, SIDE CROSS

17&18 Cross rock back left behind right, recover weight on right, point left toe out to left side

19&20 Cross rock left behind right, recover weight on right, step left to left side

21&22 Cross rock back right behind left, recover weight on left, point right toe out to right side

23&24 Right cross behind left, left step to side, cross right over left (9:00)

& STEP, CROSS, RECOVER, TRIPLE 1/4 TURN RIGHT, ROCK, RECOVER, LEFT COASTER STEP

&25-26 Step left to side (&), cross rock right over left, recover weight to left

27&28 Turn ¼ right and shuffle forward right-left-right (12:00)

Optional right triple making 1 1/4 turn right towards 12:00

29-30 Rock forward on left, recover weight on to right

31&32 Left coaster step left, right, left (12:00)

RIGHT KICK BALL CROSS, RIGHT ROCK, RECOVER, BEHIND & CROSS SHUFFLE, LEFT ROCK, RECOVER CROSS

33&34 Right kick heel forward, step right back, cross left over right

35&36 Right rock out to side, recover weight on left, cross right behind left

Left step to side (&), cross right over left, left step to side, cross right over left Left rock out to side, recover weight to right, cross left over right (12:00)

RIGHT DIAGONAL ROCK RECOVER, BEHIND SIDE CROSS, LEFT DIAGONAL ROCK, RECOVER BEHIND, ¼ TURN, STEP

41-42 Right rock diagonally forward right, recover weight on left 43&44 Right cross behind left, left step to side, cross right over left Left rock diagonally forward left, recover weight on right

47&48 Cross left behind right, make a ¼ turn right and step on right, step forward on left (3:00)

RIGHT KICK BALL STEP, HOLD & STEP, SWITCH RIGHT, LEFT, WALK FORWARD RIGHT, LEFT

49&50 Right kick heel forward, step right in place, step forward on left

51&52 Hold (51), right step beside left (&), step forward on left

Restart here on the 4th wall, you will be facing 12:00

Touch right heel forward, step right in place, touch left heel forward, step left in place Walk forward right, left (3:00)

REPEAT

RESTART

On 4th wall dance after count 52 (12:00), start over at the beginning (i.e., miss out the last 4 counts on the 4th wall)