

Pick It Up

拍数: 32 墙数: 4 级数: Improver
编舞者: Robbie McGowan Hickie (UK) - December 2008
音乐: Wine It (feat. Rock Supreme) - Jarvis Church



Intro: 32 Counts from Main Beat

Cross. Side. Behind & Heel Jack. & Cross. Side. Sailor 1/4 Turn Right.

- 1-3 Cross step Left over Right. Step Right to Right side. Cross Left behind Right.
- &4 Step Right to Right side and slightly back. Dig Left heel Diagonally forward Left.
- &5-6 Step Left beside Right. Cross step Right over Left. Step Left to Left side.
- 7&8 Sweep/Cross Right behind Left making 1/4 turn Right. Step Left beside Right. Step forward on Right.

Toe Points (Left & Right). & Left Heel-Ball-Step Forward. Dorothy Steps (Left & Right).

- 1& Point Left toe out to Left side. Step Left beside Right. (Facing 3 o'clock)
- 2& Point Right toe out to Right side. Step Right beside Left.
- 3&4 Touch Left heel forward. Step ball of Left beside Right. Step forward on Right.
- 5-6 Step Left Diagonally forward Left. Lock step Right behind Left.
- & Step ball of Left Diagonally Left.
- 7-8 Step Right Diagonally forward Right. Lock step Left behind Right.
- & Step ball of Right Diagonally Right.

Forward Rock. Left Lock Step Back. 2 x 1/2 Turns Right. Behind & Cross.

- 1-2 Rock forward on Left. Rock back on Right.
- 3&4 Step back on Left. Lock step Right across Left. Step back on Left.
- 5-6 Make 1/2 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.
- 7&8 Sweep/Cross Right behind Left. Step Left to Left side. Cross step Right over Left.

Side Rock. Recover 1/4 Turn Right. Left Shuffle Forward. Forward Rock. Triple 3/4 Turn Right.

- 1-2 Rock Left out to Left side. Recover weight on Right making 1/4 turn Right. (Facing 6 o'clock)
- 3&4 Left shuffle forward stepping Left. Right. Left.
- 5-6 Rock forward on Right. Rock back on Left.
- 7&8 Right Triple step making 3/4 turn Right stepping Right. Left. Right. (Facing 3 o'clock)

Start Again
