

Pick Me Up

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Bethany Martin - October 2014
音樂: Shake It Off - Taylor Swift



STEP, HITCH/SCOOT, STEP HITCH/SCOOT, JAZZ BOX, HOP

- 1-2 Step forward on right foot (1), hitch left leg (bring thigh parallel to floor), scoot forward on right foot (2)
3-4 Step forward on left foot (3), hitch right leg (bring thigh parallel to floor), scoot forward on left foot (4)
5-7 Step/cross right over left, step back on left, step right to right side
8 Hop forward on both feet, keeping weight on left

GRAPVINE RIGHT, GRAPEVINE LEFT

- 1-4 Step right to side, cross left behind right, step right to side, touch left together
5-8 Step left to side, cross right behind left, step left to side, touch left together

¼ MONTEREY TURN, HOP OUT, CROSS, ½ TURN LEFT

- 1-2 Tap right to right side, step right next to left, turning ¼ turn right
3-4 Tap left to left side, step left next to right
5-6 Hop both feet out, hop/cross right over left
7-8 Unwind legs turning ½ turn left and hold

SHIMMY RIGHT, SHIMMY LEFT

- 1-2 Step right to right side, shaking shoulders
3-4 Recover weight on left, step right next to left
5-6 Step left to left side, shaking shoulders
7-8 Recover weight on right, step left next to right

REPEAT

TAG: At the end of 13th wall, after her rap/spoken part, the music will stop for 8 counts. Repeat steps 25-32 (shimmies right and left).

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