

# Pick Me Up

**COPPER KNOB**  
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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