

Pick Me Up

拍數: 32 牆數: 4 級數: Improver
編舞者: Brandi Hughes (CAN) - September 2016
音樂: Pick Me Up - Brett Kissel : (amazon & iTunes)



Sec 1. Coaster Step, Rock/Recover, Back Shuffle, Sailor ½ Turn

1&2 Step Right back (1), Step Left back beside right (&), Step Right forward (2)
3-4 Step Left forward (3), Recover weight back onto Right (4)
5&6 Step Left back (5), Step Right back beside left (&), Step Left back (6)
7&8 Sweep Right leg around behind left making ½ turn right (6:00), Step Left slightly to left side (&), Step Right at center (8)

Sec 2. Side Rock/Recover, Cross Shuffle, ½ Pivot Turn (x2)

1-2 Step Left to left side (1), Recover weight on Right (2)
3&4 Cross Left over right (3), Step Right to right side (&), Cross Left over right (4)
5-6 Step Right forward (5), Make ½ turn left taking weight (12:00) (6)
7-8 Step Right forward (7), Make ½ turn left taking weight (6:00) (8)

****Restart Here on Wall 4****

Sec 3. Toe Strut Jazz Box

1-2 Cross Right toe over left (1), Step down on Right (2)
3-4 Step Left toe back (3), Step down on Left (4)

Restart Here on Wall 2

5-6 Step Right toe to center (5), Step down on Right (6)
7-8 Cross Left toe over right (7), Step down on Left (8)

Sec 4. Scissor Step, ¼ Toe Strut, Rocking Chair, Skate Left/Right

1&2 Step Right to right side (1), Step Left beside right (&), Cross Right over left (2)
3-4 Step Left toe ¼ turn left (3:00) (3), Step down on Left foot (4)
5&6& Step Right forward (5), Recover weight back on left (&), Step Right back (6), Recover weight forward on left (&)
7-8 Keep Right foot flat sliding forward and onto right diagonal (7), Keep Left foot flat sliding forward on Left diagonal (8)

Restarts:-

Wall 2 – Restart after 20 Counts

Wall 4 – Restart after 16 Counts

Have fun!