

# JUST PICK Yourself UP!!!

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Improver  
編舞者: Val Saari (CAN) - December 2018  
音樂: Pick Yourself Up - Murray McLauchlan



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## RF CROSS ROCK, TRIPLE RIGHT, CROSS ROCK, SHUFFLE LRL PIVOT 1/4 L

1-2      Cross RF over LF, Recover LF  
3&4      Step RF right, Step LF together, Step RF right  
5-6      Cross LF over RF, Recover RF  
7&8      Shuffle LRL Pivot 1/4 L

## POINT/HOLD, TOGETHER, WALK FWD (L,R), LF ROCKING CHAIR

1-2      Point RF toes to R side, Hold  
&3-4      Step RF beside L, Step LF fwd, Step RF fwd  
5-6      Rock LF fwd, Recover RF  
7-8      Rock LF back, Recover RF

## L CROSS MAMBO, SHUFFLE PIVOT 1/4 L, RF ROCKING CHAIR

1-2      LF Cross over R, RF Recover weight  
3&4      Shuffle LRL Pivot 1/4 L  
5-6      Rock RF forward, Recover Left  
7-8      Rock RF back, Recover Left

## STEP, LOCK, STEP, SCUFF x 2 (RL)

1-4      Step RF forward, Lock LF behind R, Step RF forward, Scuff LF forward  
5-8      Step LF forward, Lock RF behind L, Step LF forward, Scuff RF forward

**REPEAT - No Tags, No Restarts**

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