

Pick Her Up

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kevin Smith (AUS) & Maria Smith (AUS) - February 2020
音樂: Pick Her Up (feat. Travis Tritt) (Radio Edit) - Hot Country Knights : (iTunes)



Starts on vocals after count 16.

WALK R, L, SHUFFLE, ROCK FWD, STEP BACK, DRAG, SWEEP

1,2,3&4 walk fwd R, L, shuffle fwd R,L,R
5,6,7,8 rock fwd L, take wt, R, step back L, drag R back sweeping around L

STEP BEHIND, SIDE, ACROSS, SIDE, TOES IN, HEELS IN, BOUNCE RIGHT HEEL,

1,2,3,4 step R behind L, step L to side, cross R over L, STOMP L to side,
5,6,7,8 bring both toes to centre, bring both heels to centre, wt. on L bounce R heel

VINE RIGHT, STEP DRAG, BEHIND, SIDE

1.2,3,4 step R to side, step L behind L, step R to side, step L over R,
5,6,7,8 step R to side, drag L to R, step L behind R, step R to side,

ROCK L OVER R, TAKE WT. R, 3/4 TURN LEFT, BACK L, DRAG R, COASTER STEP

1,2,3,4 rock L over R, take wt. R, 1/4 turn left step L, 1/2 turn left step back R
5,6,7&8 step back L, drag R to L, coaster step R,L,R, (3 o'clock)

KICK BALL STEP, 1/4 PIVOT TURN, ACROSS, SIDE, BEHIND, HEEL

1&2,3,4 kick L fwd, & step L, step R fwd, step L fwd, 1/4 pivot right wt R (6 o'clock)
5,6,7,8 step L over R, step R to side, step L behind R, step R heel slight diagonal

STEP BACK, L HEEL, STEP BACK, R HEEL & STEP FWD L, R, SHUFFLE FWD

1,2,3,4 step back R, L heel fwd, step back L, R heel fwd (6 o'clock)
&5,6,7&8 & step R back, step fwd L, step fwd R, shuffle fwd L,R,L,

1/2 TURN PIVOT, FULL TURN FWD R,L, POINT R TOE, HOLD, POINT L TOE, HOLD

1,2,3,4 step R fwd, 1/2 pivot turn left, full turn R,L, traveling fwd, (12 o'clock)
5,6&,7,8 point R toe to side, HOLD, & step R next L, point L toe to side, HOLD
(wall 5 restart here)

WALK FWD L,R,L, HITCH R KNEE, WALK BACK R,L, 1/2 TURN RIGHT STOMP FWD R,L

1,2,3,4 Step fwd L, R, L, hitch R knee,
5,6,7,8 step back R,L, 1/2 turn right stomp fwd R,L. (6 o'clock)

64 START AGAIN

RESTART wall 5, count 56 add (&step L next R)

Finish wall 7 same spot as restart,
point R to side, & step R next L 1/2 turn to front point L toe to side.

Version 1;1

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