

Pick Her Up

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Gianni Hook Valassi (IT) - January 2021
音樂: Pick Her Up (feat. Travis Tritt) (Radio Edit) - Hot Country Knights



Restart at 5° wall (dance 55 count - hold)

Restart at 7° wall after 8 count hold

(1) KICK BALL CHANGE (X 2) / JAZZ BOX ¼ TURN

1&2 Kick right - step right - step left
3&4 Kick right - step right - step left
5-6 cross over right - step left back
7-8 step right ¼ turn - together

(2) JAZZ BOX ¼ TURN / SHUFFLE RIGHT / SHUFFLE LEFT

1-2 cross over right - step left back
3-4 step right ¼ turn - step left forward
5&6 step right forward - step left together - step right forward
7&8 step left forward - step right together - step left forward

(3) ROCK BACK / TOE STRUT ½ TURN (X3)

1-2 step right forward - recover
3-4 toe right ½ turn - drop heel
5-6 toe left ½ turn - drop heel
7-8 toe right ½ turn - drop heel

(4) IN IN OUT OUT / JAMPING JACK / ½ TURN / HOLD

1-2 heel left forward - heel right forward
3-4 step left back - step right back
5-6 jump / jump cross right
7-8 ½ turn - hold

(5) STEP LOCK STEP DIAGONAL (X2)

1-2 step right diagonal forward - cross behind left
3-4 step right diagonal forward - scuff
5-6 step left diagonal forward - cross behind right
7-8 step left diagonal forward - scuff

(6) ROCKING CHAIR DIAGONAL (X 2 hopping)

1-2 step right diagonal forward - recover
3-4 step right diagonal back - recover
5-6 step right diagonal forward - recover
7-8 step right diagonal back - cross over left

(7) ROCK STEP BACK (X 2 hopping) / STOMP / SWIVEL RIGHT (X3)

1-2 step right back - recover
3-4 step right back - recover
5-6 stomp right - swivel right
7-8 swivel right - swivel right

(8) JAZZ BOX LEFT / KICK / STEP BACK / BUMP

1-2 cross over left - step right back
3-4 step side left - stomp up

5-6
7-8

Kick high right - step right back
bump left - hold
