

# Pick Cowgirls Up

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Sebastiaan Holtland (NL) - January 2021  
音樂: We Ride - Emerson Drive



Two Restarts in Walls 3, 6 after 16 counts.

Introduction 16 counts, start approx 09 sec.

## Part 1. [1-8] Fwd R, Step L Together, R Lock Step Back, Back Rock L, 1/2 Shuffle Turn L to R.

1,2            Step Rf fwd (1), Step Lf beside Rf (2).  
3&4           Step Rf back (3), Lock Lf in front of Rf (&), Step Rf back (4).  
5,6            Rock Lf back (5), Recover back onto Rf (6).  
7&8           1/2 shuffle turn L to R (6.00) (7&8).

## Part 2. [9-16] Back Rock R, 2x Kick ball Step R, Side R with 1/4 Turn L, Together.

1,2            Rock Rf back (1), Recover back onto Lf (2).  
3&4           Kick Rf fwd (3), Step Rf in place on ball (&), Step Lf fwd (4).  
5&6           Kick Rf fwd (5), Step Rf in place on ball (&), Step Lf fwd (6).  
7,8            Make 1/4 turn L (3.00) step Rf out to right (7), Step Lf beside Rf (8).

(NB: Restart here in wall 3, 6 after 16 counts, after start again).

## Part 3. [17-24] Lindy R, Lindy L with 1/4 Turn R.

1&2           Side shuffle to R (1&2).  
3,4            Lf rock back (3), Recover back onto Rf (4).  
5&6           Side shuffle to L with 1/4 R (6.00) (5&6).  
7,8            Rock Lf back (7), Recover back onto Lf (8).

## Part 4. [25-32] Side R, Hold, Together, Side Rock R, Together, Side L, Hold, Triple in Place L, R with 1/4 Turn L, Knee Lift R.

1,2            Step Rf to R (1), Hold (2).  
&3,4           Step Lf beside Rf (&), Rock Rf to R (3), Recover back onto Lf (4).  
&5,6           Step Rf beside Lf (&), Step Lf out to L (5), Hold (6).  
7&8           Rf + Lf triple in place with 1/4 turn to L (3.00) (7&), Lift R knee up (8).

REPEAT THE DANCE AND HAVE FUN!!