

Pick Her Up

拍數: 64 牆數: 4 級數: Improver
編舞者: Runa (DK) - March 2021
音樂: Pick Her Up (feat. Travis Tritt) (Radio Edit) - Hot Country Knights : (iTunes)



Intro: 16 c

S1. Side, touch, point, flick x 2 (R+ L)

1-2 Step R to R side, touch L beside R
3-4 Point L to L side, flick L behind R
5-6 Step L to L side, touch R beside L
7-8 Point R to R side, flick R behind L

S2. Fwd rumba-box with touch

1-2 Step R to R side, step L beside R
3-4 Step R fwd, touch L beside R
5-6 Step L to L side, step R beside L
7-8 Step L back, touch R beside L

S3. Slow coaster-step, scuff, slow fwd shuffle, scuff

1-2 Step R back, step L beside R
3-4 Step R fwd, scuff L fwd
5-6 Step L fwd, step R beside L
7-8 Step L fwd, scuff R fwd

S4. Step-turn-step, hold, R full turn fwd (L-R-L), hitch

1-2 Step R fwd, ½ turn L taking weight on L
3-4 Step R fwd, hold
5-6 Step L fwd ¼ turn R, step R fwd ½ turn R
7-8 Step L fwd ¼ turn R, hitch R

S5. Fwd, touch, back, hitch, back, hook, fwd, hitch

1-2 Step R fwd, touch L beside R
3-4 Step L back, hitch R
5-6 Step R back, hook L in front of R knee
7-8 Step L fwd, hitch R

S6. Rocking-chair, step, ¼, stomp, stomp

1-2 Rock fwd on R, recover on L
3-4 Rock back on R, recover on L
5-6 Step R fwd, ¼ turn L taking weight on L
7-8 Stomp R beside L, stomp L beside R

S7. Side-rock, recover, heel-strut x 2 (R-L)

1-2 Rock R to R side, recover on L
3-4 Step fwd on R heel, step R down taking weight on whole foot
5-6 Rock L to L side, recover on R
7-8 Step fwd on L heel, step L down taking weight on whole foot

RESTART here on wall 5 (Facing 3:00)

S8. Out, out, in, in, R swivet, L swivet

1-2 Step R diag fwd, step L diag fwd

- 3-4 Step R back to centre, step L back to centre
5-6 On heel of RF and ball of LF - swivel R toes to the R and L heel to the L, both feet back to centre
7-8 On heel of LF and ball of RF - swivel L toes to the L and R heel to the R, both feet back to centre

ENDING: Last wall 7 starts facing 6:00.

Dance the first 54 counts (now facing 9:00) and replace "L heel-strut" with:

Step L fwd, ¼ turn R taking weight on R to face 12:00 and cross L over R to end the dance

Feel free to clap your hands at any time during this dance:-)
