

# 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:-)**

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