

Pick Me Up

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Andrina K Faulds (SCO) - September 2022
音樂: Pick Me Up - Gabby Barrett



40 count intro (32 Counts after vocals start... wait for heavy beat to start)

Section 1 - Step, Left mambo with sweep, Behind 1/4 turn step, Cross side 1/4 turn sweep, Back rock step

1 Step right forward,
2&3 Step forward on left, recover on right, step back on left sweeping right
4&5 Step back right, 1/4 turn left step left to left side, step forward right sweeping left
6&7 Cross left over right, step right to right, turning 1/4 turn left stepping left back, sweeping right
8&1 Step back on right, recover onto left, step right forward. ** restart here during 2nd wall

Section 2 - Cross rock step side, Stomp stomp step side, Left coaster, Right shuffle with 1/4 turn right, sweep

2&3 Cross rock left over right, recover on right, step left to left
4&5 Double stomp right next to left, step right to right
6&7 Step left back, step right next to left, step forward on left
8&1 Step right forward, step left next to right, 1/4 turn right stepping right forward, sweeping left from back

Section 3 - Cross touch step back with sweep, Right shuffle back, Left coaster step, Right shuffle forward

2, 3 Cross touch left over right, step back on left
4&5 Step back on right, step left next to right, step back on right
6&7 Step back on left, step right next to left, step forward on left
8&1 Step forward on right, step left next to right, step forward on right

Section 4 - Forward rock, Side rock, Sailor 1/4 turn left, Forward rock, Side rock, Sailor 1/4 right

2&3& Forward rock on left, recover on right, side rock on left, recover on right
4&5 1/4 turn left stepping left back, step right to right, step left forward
6&7 Forward rock on right, recover on left, side rock on right, recover on left
8& (1) 1/4 turn right stepping right back, step left to left, (step right forward)

Restart on wall 2 after 8& counts
