

# Pick Me Up

COPPER KNOB  
BY STEPHEN

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Karl-Harry Winson (UK), Jamie Barnfield (UK) & Willie Brown (SCO) - October 2024  
音樂: Call Me - Cascada



**Intro: 32 Counts (Start on vocals)**

**Right Extended Grapevine. Right Chasse. Left Back Rock.**

1 – 4      Step Right to Right side. Cross Left behind Right. Step Right to Right side. Cross Left over Right.  
5&6      Step Right to Right side. Close Left beside Right. Step Right to Right side.  
7 – 8      Rock back on Left. Recover forward on Right. (12.00)

**1/4 Turn Toe Strut. 1/2 Turn Toe Strut. 1/4 Turn Toe Strut. Right Back Rock.**

1 – 2      Turn 1/4 Turn Right touching Left toe back (click both hands up at shoulder height). Drop Left heel.  
3 – 4      Turn 1/2 Turn Right touching Right toe forward (drop both hands down to waist). Drop Right heel.  
5 – 6      Turn 1/4 Turn Right touching Left toe to Left side (click both hands up at shoulder height). Drop Left heel.  
7 – 8      Rock back on Right. Recover forward on Left. (drop both hands down to waist). (12.00)

**Right Kick Ball Cross. Side. Drag. Left Sailor Step. Touch Back. 1/2 Turn Right.**

1&2      Kick Right to Right diagonal. Step Right beside Left. Cross Left over Right. (12.00)  
3 – 4      Step Big step out to Right side. Drag Left foot up towards Right. (12.00)  
5&6      Cross Left behind Right. Step out on Right. Step Left out to Left side. (12.00)  
7 – 8      Touch Right toe back. Pivot 1/2 turn Right transferring weight forward onto Right (6.00).

**Step. Pivot 1/2 Turn Right. Walk Forward: Left, Right. Forward Rock. Back-Together.**

1 – 4      Step Left forward. Pivot 1/2 Turn Right. Walk forward on Left. Walk forward on Right. (12.00)  
    \*\*TAG 2  
5 – 6      Rock forward on Left. Recover weight back on Right. (12.00)  
7 – 8      Step Left back. Close Right beside Left (weight on Right foot). (12.00)

**Left Toe Strut. Step Pivot 1/2 Turn. Right Toe Strut. Step Pivot 1/4 Turn.**

1 – 4      Touch Left toe forward. Drop the heel. Step Right forward. Pivot 1/2 turn Left.  
5 – 8      Touch Right toe forward. Drop the heel. Step Left forward. Pivot 1/4 turn Right.

**Cross. Hitch. Back. Sweep. Behind-Side-Cross. Hold. Ball-Cross.**

1 – 2      Cross Left over Right into Right diagonal corner. Hitch Right knee up towards diagonal (10.30).  
3 – 4      Cross Right back behind Left. Sweep Left from front to back (straightening up to 9.00 Wall).  
5&6      Cross Left behind Right. Step Right to Right side. Cross Left over Right.  
7&8      Hold. Step Right beside Left. Cross step Left over Right. \*TAG 1(end of Wall 3)

**Start Again!**

**\*Tag 1: End of Wall 3 (facing 3.00) add the following 4 counts.**

**Right Diagonal Rocking Chair.**

1 – 4      Rock Right forward to Right diagonal. Recover on Left. Rock Right back behind Left. Recover on Left.

**\*Tag 2/Restart: During Wall 6, Dance 28 Counts and add the following 2 Counts.**

**Stomp. Hold/Clap**

1 – 2                      Stomp Left beside Right. Hold/Clap Hands.

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