

Pick Me Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Susan Byrne (AUS)
音樂: I'd Rather Ride Around With You - Reba McEntire



FORWARD, FORWARD, FULL TURN, FORWARD, FORWARD, SCUFF, TOUCH, STOMP

- 1-2 Step forward left-right
- 3&4 Hook & step left foot behind right to begin a full turn, turning left, step right-left
- 5-6 Step forward right-left
- 7&8 Scuff right, touch right ball at 45 degrees, tap right heel down (weight on left)

HEEL, HEEL, SCOOT BACKWARDS, HEEL STOMPS, HEEL SPLITS

- 9-10 Tap right heel at 45 degrees right, tap right heel forward
- 11&12 Lift right knee, scoot backwards on left, step backwards right, step left beside right (weight ends on both feet)
- 13-14 With weight forward on balls of feet, lift both heels, stomp heels, lift both heels, stomp heels
- &15-16 With weight forward on balls of feet, lift both heels & turn them out, click heels together, stomp heels (weight ends on right)

BALL CHANGE, ½ PIVOT TURN, HOLD, BALL STEP, BALL STEP

- &17 Step ball of left slightly backwards, step right slightly forward
- 18-19-20 Pivoting on balls of feet ½ turn to left, swiveling heels right, ½ turn right swiveling heels left, hold
- &21-22 Step left next to right, step forward right, hold
- &23-24 Step left next to right, step forward right, hold

½ PIVOT TURN, SCUFF/STEP, SCUFF/STEP, ROCK/STEP, TURN, TOUCH

- 25-26 Step forward on left, on balls of feet ½ pivot turn to right (weight ends forward on right)
- 27-28 Scuff left to left side, step left forward
- 29-30 Scuff right to right side, rock/step right forward
- 31-32 Step backwards on left, lift right leg turning ¼ turn right, step down on right (weight ends on right)

REPEAT
