

Pick It Up

拍數: 32 牆數: 4 級數: Improver
編舞者: Robbie McGowan Hickie (UK) - December 2008
音樂: Wine It (feat. Rock Supreme) - Jarvis Church



Intro: 32 Counts from Main Beat

Cross. Side. Behind & Heel Jack. & Cross. Side. Sailor 1/4 Turn Right.

1-3 Cross step Left over Right. Step Right to Right side. Cross Left behind Right.
&4 Step Right to Right side and slightly back. Dig Left heel Diagonally forward Left.
&5-6 Step Left beside Right. Cross step Right over Left. Step Left to Left side.
7&8 Sweep/Cross Right behind Left making 1/4 turn Right. Step Left beside Right. Step forward on Right.

Toe Points (Left & Right). & Left Heel-Ball-Step Forward. Dorothy Steps (Left & Right).

1& Point Left toe out to Left side. Step Left beside Right. (Facing 3 o'clock)
2& Point Right toe out to Right side. Step Right beside Left.
3&4 Touch Left heel forward. Step ball of Left beside Right. Step forward on Right.
5-6 Step Left Diagonally forward Left. Lock step Right behind Left.
& Step ball of Left Diagonally Left.
7-8 Step Right Diagonally forward Right. Lock step Left behind Right.
& Step ball of Right Diagonally Right.

Forward Rock. Left Lock Step Back. 2 x 1/2 Turns Right. Behind & Cross.

1-2 Rock forward on Left. Rock back on Right.
3&4 Step back on Left. Lock step Right across Left. Step back on Left.
5-6 Make 1/2 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.
7&8 Sweep/Cross Right behind Left. Step Left to Left side. Cross step Right over Left.

Side Rock. Recover 1/4 Turn Right. Left Shuffle Forward. Forward Rock. Triple 3/4 Turn Right.

1-2 Rock Left out to Left side. Recover weight on Right making 1/4 turn Right. (Facing 6 o'clock)
3&4 Left shuffle forward stepping Left. Right. Left.
5-6 Rock forward on Right. Rock back on Left.
7&8 Right Triple step making 3/4 turn Right stepping Right. Left. Right. (Facing 3 o'clock)

Start Again
