

Pick Yourself Up

拍數: 64 牆數: 1 級數: Phrased Improver
編舞者: Dianne Evans (UK) - October 2013
音樂: Pick Yourself Up by Nat King Cole (Nat King Cole and George Shearing)



Alt Tracks:-

Pick Yourself Up by Marci Haus (Do it Again)

Pick Yourself Up by Lukie D (International Reggae)

All tracks start on vocals 32 counts in and all can be purchased on Amazon

Part A: 32 Counts

A1: Right lock, step left lock, step rock recover ½ shuffle turn

1 2& Step forward right, lock left foot behind right, step right beside left
3 4& Step forward left, lock right foot behind left, step left beside right
5 6 7&8 Rock forward right, recover back left, step ¼ turn right on right, close left foot beside right, step forward ¼ turn right on right

A2: Cross over, side, behind and heel, step cross, side, sailor ¼ turn right

1 2 3&4 Cross left foot over right, step to side on right, cross left behind right, step right beside left, place left heel to left diagonal
&5 6 7&8 Step left beside right, cross right over left, step to side on left, step right behind left, step left beside right making ¼ turn right, step forward right

A3: Step forward left, ½ turn right, shuffle ½ turn right, sweep behind side and cross shuffle

1 2 3&4& Step forward left, pivot ½ turn right transferring weight onto right, step to side on left making ¼ turn right, close right beside left, step back on left turning ¼ right, sweep right foot round behind left
5 6 7&8 Step right behind left, step left to left side, cross right over left, small step to side on left, cross right over left

A4: Rock left recover, sailor cross, rock right recover sailor ¼ turn L

1 2 3&4 Rock left to left side, recover to right, step left behind right, side right, cross left over right
5 6 7&8 Rock right to right side, recover to left, step right behind left, step left beside right making ¼ turn left, step forward right

Part B - 32 Counts

B1: Left lock, step, right lock, step, rock recover ½ shuffle turn

1 2& Step forward left, lock right foot behind left, step left beside right
3 4& Step forward right, lock left foot behind right, step right beside left
5 6 7&8 Rock forward left, recover back right, step ¼ turn left on left, close right foot beside left, step forward ¼ turn left on left

B2: Cross over, side, behind and heel, step, cross over, side, sailor ¼ turn left

1 2 3&4 Cross right foot over left, step to side on left, cross right behind left, step left beside right, place right heel to right diagonal
&5 6 7&8 Step right beside left, cross left over right, step to side on right, step left behind right, step right beside left making ¼ turn left, step forward left

B3: Step forward right, ½ turn left, shuffle ½ turn left, sweep behind side and cross shuffle

1 2 3&4& Step forward right, pivot ½ turn left transferring weight onto left, step to side on right making ¼ turn left, close left beside right, step back on right turning ¼ left, sweep left foot round behind right

5 6 7&8 Step left behind right, step right to right side, cross left over right, small step to side on right, cross left over right

B4: Rock right recover, sailor cross, rock left recover sailor ¼ turn R

1 2 3&4 Rock right to right side, recover to left, step right behind left, side left, cross right over left
5 6 7&8 Rock left to left side, recover to right, step left behind right, step right beside left making ¼ turn right, step forward left

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