

Pick U Up

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Count: 64 **Wall:** 4 **Level:** Intermediate

Choreographer: Leigh Redman (Sept 2014)

Music: Pick U Up by Adam Lambert. Album: For Your Entertainment (4:01min)

#32 count intro weight on L facing forward: CW rotation.

Cross, side, sailor, cross, side, sailor ½

- 1-2 Step R across in front of L, step L to L side
- 3&4 Step R behind L, step L, recover R
- 5-6 Step L across in front of R, step R to R side
- 7&8 Step L behind R turning ½ L, step R, recover L (facing 6 o'clock)

Dorothy R, Dorothy L, pivot ½, shuffle ½

- 1-2& Step R forward at 45° cross L behind R, small step forward to R at 45° ,
- 3-4& Step L forward at 45° cross R behind L, small step forward to L at 45° ,
- 5-6 Step R forward pivot ½ L (facing 12 o'clock)
- 7&8 Step forward R, step L beside R turning ¼ R, step R back turning ¼ R (facing 6 o'clock)

Walk back, back, coaster back, point ¼ R, hinge ½

- 1-2 Walk back L, walk back R
- 3&4 Step L back, step R together, step L forward,
- 5&6 Point R to R side, turn ¼ to R (facing 9 o'clock) replacing R beside L, step L to L side keeping weight on R
- 7-8 Push off L turning ½ on R (facing 3 o'clock)

Side shuffle, cross shuffle, rock, recover, behind, ¼ L, step

- 1&2 Step L to L, step R beside L, step L to L,
- 3&4 Step R across L, step L to L beside R, step R across L
- 5-6 Step L to L side, recover on R
- 7&8 Cross L behind R, step R to R side turning ¼ L, step L (facing 12 o'clock)

Step touch, Step touch, kick ball change, out, out, touch

- 1-2 Step R forward to R side, touch L beside R and clap

- 3-4** Step L forward to L side, touch R beside L and clap
- 5&6** Kick R in front, step R in place, step L
- &7-8** Step R out to R side, step L out to L side Touch R beside L (facing 12 o'clock) [RESTART WALL 5]

Cross, point, sailor step, behind, side, cross shuffle

- 1-2** Step R across L, point L to L side
- 3&4** Step L behind R, step R, recover L
- 5-6** Step R back behind L, Step L to L side
- 7&8** Step R across L, step L to L beside R, step R across L (facing 12 o'clock)

Side rock, recover, behind, ¼ R, step, rock, recover triple turn

- 1-2** Step L to L side, Recover on R
- 3&4** Cross L behind R, Step R to R side turning ¼ R, step L
- 5-6** Step forward R, recover on L
- 7&8** Full turn clockwise stepping R, L, R (facing 3 o'clock)

Walk, Walk, cross samba, cross samba, Shuffle fwd

- 1-2** Walk forward L, Walk forward R
- 3&4** Step L across R, Step R to R side, Recover on L
- 5&6** Step R across L, Step L to L side, Recover on R
- 7&8** Step forward L, step R beside L, step L forward (facing 3 o'clock)

Restart on wall 5: After count 40 hold for 4 counts then restart

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