

# Pick You Up

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**Count:** 32      **Wall:** 4      **Level:** Beginner

**Choreographer:** Nolwenn BERTIN (March 2018)

**Music:** Pick You Up by LANCO (Hallelujah Nights - 2018) [82 bpm]

## Start after 16 counts

### SWAY, RIGHT TRIPLE, LEFT CROSS ROCK, LEFT TRIPLE ¼ LEFT

- 1 - 2      Right sway on right side, recover
- 3 & 4      Right triple on right side (R-L-R)
- 5 - 6      Left cross rock over right foot, recover
- 7 & 8      Left triple forward with ¼ turn left (L-R-L) 9 :00

## Restart: wall 6, start the dance again from the beginning

### LOCK STEP FORWARD RIGHT & LEFT, RIGHT MAMBO FORWARD, WALK BACK LEFT & RIGHT

- 1 & 2      Right lock triple forward (R-L-R)
- 3 & 4      Left lock triple forward (L-R-L)
- 5 & 6      Right Mambo forward
- 7 - 8      Walk back left foot, walk back right foot

### LEFT COASTER STEP, ROCK ¼ CROSS, LEFT FORWARD, RIGHT TOUCH, RIGHT BACKWARD, LEFT KICK, BEHIND SIDE CROSS

- 1 & 2      Left Coaster step
- 3 & 4      Right Rock step forward with ¼ turn left ending right crossed over left 6:00
- 5 & 6&L in L diagonal forward & touch R close to L, R backward & L kick forward**
- 7 & 8      Left behind side cross

### RIGHT POINT X2, BEHIND SIDE CROSS ¼ LEFT, LEFT CROSS UNWIND ½ RIGHT, HIP BUMPS L&R

- 1 & 2      Right point to right side & touch next to L, right point to right side
- 3 & 4      Right behind side cross with ¼ turn left (end Right forward) 3:00
- 5 - 6      Cross Left over Right, unwind ½ turn right (recover on right) 9 :00

**7 - 8&** Hip bumps Left & Right & recover on left

**START AGAIN AND HAVE FUN !**

**Memo**

**R. Right :: Fwd Forward**

**L. Left :: Bwd Backward**

**BCh Ball Change :: Tch Touch**

**Contact: nolwenn\_cedric@yahoo.fr**