

JUST PICK Yourself UP!!!

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Count: 32 **Wall:** 2 **Level:** Improver

Choreographer: Val Saari (Canada, December 2018)

Music: Pick Yourself Up - Murray McLauchlan

RF CROSS ROCK, TRIPLE RIGHT, CROSS ROCK, SHUFFLE LRL PIVOT 1/4 L

- 1-2 Cross RF over LF, Recover LF
- 3&4 Step RF right, Step LF together, Step RF right
- 5-6 Cross LF over RF, Recover RF
- 7&8 Shuffle LRL Pivot 1/4 L

POINT/HOLD, TOGETHER, WALK FWD (L,R), LF ROCKING CHAIR

- 1-2 Point RF toes to R side, Hold
- &3-4 Step RF beside L, Step LF fwd, Step RF fwd
- 5-6 Rock LF fwd, Recover RF
- 7-8 Rock LF back, Recover RF

L CROSS MAMBO, SHUFFLE PIVOT 1/4 L, RF ROCKING CHAIR

1-2LF Cross over R, RF Recover weight

- 3&4 Shuffle LRL Pivot 1/4 L
- 5-6 Rock RF forward, Recover Left
- 7-8 Rock RF back, Recover Left

STEP, LOCK, STEP, SCUFF x 2 (RL)

- 1-4 Step RF forward, Lock LF behind R, Step RF forward, Scuff LF forward
- 5-8 Step LF forward, Lock RF behind L, Step LF forward, Scuff RF forward

REPEAT - No Tags, No Restarts

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