

# Pick Me Up

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** Low Intermediate

**Choreographer:** Andrina K Faulds (SCO) - September 2022

**Music:** - Gabby Barrett

## 40 count intro (32 Counts after vocals start... wait for heavy beat to start)

### Section 1 - Step, Left mambo with sweep, Behind 1/4 turn step, Cross side 1/4 turn sweep, Back rock step

- 1**            Step right forward,
- 2&3**        Step forward on left, recover on right, step back on left sweeping right
- 4&5**        Step back right, 1/4 turn left step left to left side, step forward right sweeping left
- 6&7**        Cross left over right, step right to right, turning 1/4 turn left stepping left back, sweeping right
- 8&1**        Step back on right, recover onto left, step right forward. \*\* restart here during 2nd wall

### Section 2 - Cross rock step side, Stomp stomp step side, Left coaster, Right shuffle with 1/4 turn right, sweep

- 2&3**        Cross rock left over right, recover on right, step left to left
- 4&5**        Double stomp right next to left, step right to right
- 6&7**        Step left back, step right next to left, step forward on left
- 8&1**        Step right forward, step left next to right, 1/4 turn right stepping right forward, sweeping left from back

### Section 3 - Cross touch step back with sweep, Right shuffle back, Left coaster step, Right shuffle forward

- 2, 3**        Cross touch left over right, step back on left
- 4&5**        Step back on right, step left next to right, step back on right
- 6&7**        Step back on left, step right next to left, step forward on left
- 8&1**        Step forward on right, step left next to right, step forward on right

### Section 4 - Forward rock, Side rock, Sailor 1/4 turn left, Forward rock, Side rock, Sailor 1/4 right

- 2&3&**        Forward rock on left, recover on right, side rock on left, recover on right

**4&5 1/4 turn left stepping left back, step right to right, step left forward**

**6&7** Forward rock on right, recover on left, side rock on right, recover on left

**8&(1) 1/4 turn right stepping right back, step left to left, (step right forward)**

**Restart on wall 2 after 8& counts**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=163709](https://www.linedance.com/index.php?f=dance_view&id=163709)