

# Pick Me Up

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**Count:** 48

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Karl-Harry Winson (UK), Jamie Barnfield (UK) & Willie Brown (SCO) - October 2024

**Intro: 32 Counts (Start on vocals)**

**Right Extended Grapevine. Right Chasse. Left Back Rock.**

**1 - 4 Step Right to Right side. Cross Left behind Right. Step Right to Right side. Cross Left over Right.**

**5&6 Step Right to Right side. Close Left beside Right. Step Right to Right side.**

**7 - 8 Rock back on Left. Recover forward on Right. (12.00)**

**1/4 Turn Toe Strut. 1/2 Turn Toe Strut. 1/4 Turn Toe Strut. Right Back Rock.**

**1 - 2 Turn 1/4 Turn Right touching Left toe back (click both hands up at shoulder height). Drop Left heel.**

**3 - 4 Turn 1/2 Turn Right touching Right toe forward (drop both hands down to waist). Drop Right heel.**

**5 - 6 Turn 1/4 Turn Right touching Left toe to Left side (click both hands up at shoulder height). Drop Left heel.**

**7 - 8 Rock back on Right. Recover forward on Left. (drop both hands down to waist). (12.00)**

**Right Kick Ball Cross. Side. Drag. Left Sailor Step. Touch Back. 1/2 Turn Right.**

**1&2 Kick Right to Right diagonal. Step Right beside Left. Cross Left over Right. (12.00)**

**3 - 4 Step Big step out to Right side. Drag Left foot up towards Right. (12.00)**

**5&6 Cross Left behind Right. Step out on Right. Step Left out to Left side. (12.00)**

**7 - 8 Touch Right toe back. Pivot 1/2 turn Right transferring weight forward onto Right (6.00).**

**Step. Pivot 1/2 Turn Right. Walk Forward: Left, Right. Forward Rock. Back-Together.**

**1 - 4 Step Left forward. Pivot 1/2 Turn Right. Walk forward on Left. Walk forward on Right. (12.00) \*\*TAG 2**

**5 - 6 Rock forward on Left. Recover weight back on Right. (12.00)**

**7 - 8 Step Left back. Close Right beside Left (weight on Right foot). (12.00)**

**Left Toe Strut. Step Pivot 1/2 Turn. Right Toe Strut. Step Pivot 1/4 Turn.**

**1 - 4 Touch Left toe forward. Drop the heel. Step Right forward. Pivot 1/2 turn Left.**

**5 - 8 Touch Right toe forward. Drop the heel. Step Left forward. Pivot 1/4 turn Right.**

**Cross. Hitch. Back. Sweep. Behind-Side-Cross. Hold. Ball-Cross.**

**1 - 2 Cross Left over Right into Right diagonal corner. Hitch Right knee up towards diagonal (10.30).**

**3 - 4 Cross Right back behind Left. Sweep Left from front to back (straightening up to 9.00 Wall).**

**5&6 Cross Left behind Right. Step Right to Right side. Cross Left over Right.**

**7&8 Hold. Step Right beside Left. Cross step Left over Right. \*TAG 1(end of Wall 3)**

**Start Again!**

**\*Tag 1: End of Wall 3 (facing 3.00) add the following 4 counts.**

**Right Diagonal Rocking Chair.**

**1 - 4 Rock Right forward to Right diagonal. Recover on Left. Rock Right back behind Left. Recover on Left.**

**\*Tag 2/Restart: During Wall 6, Dance 28 Counts and add the following 2 Counts.**

**Stomp. Hold/Clap**

**1 - 2 Stomp Left beside Right. Hold/Clap Hands.**

**2024**

**3 NOV**

**5**

**14 NOV '24**

**100**

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