

# 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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