

Pick Me Up

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Brandi Hughes - Sept 2016

Music: "Pick Me Up" by Brett Kissel (amazon & iTunes)

Sec 1. Coaster Step, Rock/Recover, Back Shuffle, Sailor ½ Turn

- 1&2** Step Right back (1), Step Left back beside right (&), Step Right forward (2)
- 3-4** Step Left forward (3), Recover weight back onto Right (4)
- 5&6** Step Left back (5), Step Right back beside left (&), Step Left back (6)
- 7&8** Sweep Right leg around behind left making ½ turn right (6:00), Step Left slightly to left side (&), Step Right at center (8)

Sec 2. Side Rock/Recover, Cross Shuffle, ½ Pivot Turn (x2)

- 1-2** Step Left to left side (1), Recover weight on Right (2)
- 3&4** Cross Left over right (3), Step Right to right side (&), Cross Left over right (4)
- 5-6** Step Right forward (5), Make ½ turn left taking weight (12:00) (6)
- 7-8** Step Right forward (7), Make ½ turn left taking weight (6:00) (8)

****Restart Here on Wall 4****

Sec 3. Toe Strut Jazz Box

- 1-2** Cross Right toe over left (1), Step down on Right (2)
- 3-4** Step Left toe back (3), Step down on Left (4)

Restart Here on Wall 2

- 5-6** Step Right toe to center (5), Step down on Right (6)
- 7-8** Cross Left toe over right (7), Step down on Left (8)

Sec 4. Scissor Step, ¼ Toe Strut, Rocking Chair, Skate Left/Right

- 1&2** Step Right to right side (1), Step Left beside right (&), Cross Right over left (2)
- 3-4** Step Left toe ¼ turn left (3:00) (3), Step down on Left foot (4)
- 5&6&** Step Right forward (5), Recover weight back on left (&), Step Right back (6), Recover weight forward on left (&)

7-8 Keep Right foot flat sliding forward and onto right diagonal (7), Keep Left foot flat sliding forward on Left diagonal (8)

Restarts:-

Wall 2 - Restart after 20 Counts

Wall 4 - Restart after 16 Counts

Have fun!

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=113235