

Pick Yourself Up

Phrased, 64 Count, 1 Wall, Improver

Choreographer: Dianne Evans (Oct 2013)

Choreographed to: Pick Yourself Up by Nat King Cole (Nat King Cole and George Shearing); Pick Yourself Up by Marci Haus (Do it Again); Pick Yourself Up by Lukie D (International Reggae) (all tracks on Amazon)

All tracks start on vocals 32 counts in

Part A

- 1 Right lock, step left lock, step rock recover ½ shuffle turn**
12& Step forward right, lock left foot behind right, step right beside left
34& Step forward left, lock right foot behind left, step left beside right
56 Rock forward right, recover back left,
7&8 Step ¼ turn right on right, close left foot beside right, step forward ¼ turn right on right
- 2 Cross over, side, behind and heel, step cross, side, sailor ¼ turn right**
12 Cross left foot over right, step to side on right
3&4 Cross left behind right, step right beside left, place left heel to left diagonal
&56 Step left beside right, cross right over left, step to side on left,
7&8 Step right behind left, step left beside right making ¼ turn right, step forward right
- 3 Step forward left, ½ turn right, shuffle ½ turn right, sweep behind side and cross shuffle**
123 Step forward left, pivot ½ turn right transferring weight on right, step to side on left making ¼ turn right
&4& Close right beside left, step back on left turning ¼ right, sweep right foot round behind left
56 Step right behind left, step left to left side,
7&8 Cross right over left, small step to side on left, cross right over left
- 4 Rock left recover, sailor cross, rock right recover sailor ¼ turn L**
123&4 Rock left to left side, recover to right, step left behind right, side right, cross left over right
56 Rock right to right side, recover to left,
7&8 Step right behind left, step left beside right making ¼ turn left, step forward right

Part B

- 1 Left lock, step, right lock, step, rock recover ½ shuffle turn**
12& Step forward left, lock right foot behind left, step left beside right
34& Step forward right, lock left foot behind right, step right beside left
56 Rock forward left, recover back right
7&8 Step ¼ turn left on left, close right foot beside left, step forward ¼ turn left on left
- 2 Cross over, side, behind and heel, step, cross over, side, sailor ¼ turn left**
12 Cross right foot over left, step to side on left,
3&4 Cross right behind left, step left beside right, place right heel to right diagonal
&56 Step right beside left, cross left over right, step to side on right
7&8 Step left behind right, step right beside left making ¼ turn left, step forward left
- 3 Step forward right, ½ turn left, shuffle ½ turn left, sweep behind side and cross shuffle**
123 Step forward right, pivot ½ turn left transferring weight onto left, step to side on right making ¼ turn left,
&4& Close left beside right, step back on right turning ¼ left, sweep left foot round behind right
56 Step left behind right, step right to right side,
7&8 Cross left over right, small step to side on right, cross left over right
- 4 Rock right recover, sailor cross, rock left recover sailor ¼ turn R**
123&4 Rock right to right side, recover to left, step right behind left, side left, cross right over left
56 Rock left to left side, recover to right,
7&8 Step left behind right, step right beside left making ¼ turn right, step forward left