

Pick Me Up

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SEC₁

32 Count 4 Wall Low Intermediate Level Dance.

Choreographed by: Andrina K Faulds (UK) Sept 2022

Choreographed to: Pick Me Up by Gabby Barrett

Intro: 40 Counts. Start at approx 30 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

STEP, 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 |
| 1 &5 | Step back right, ¼ 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 |
| 3&1 | Step back on right, recover onto left, step right forward |
| Restart | Here on Wall 2 |
| SEC 2 | CROSS ROCK STEP SIDE, STOMP STOMP STEP SIDE, COASTER, SHUFFLE 1/4 TURN, SWEEP |
| 2&3 | Cross rock left over right, recover on right, step left to left |
| 1&5 | Double stomp right next to left, step right to right |
| 5&7 | Step left back, step right next to left, step forward on left |
| 3&1 | Step right forward, step left next to right, ¼ turn right stepping right forward sweeping left from back |
| SEC 3 | CROSS TOUCH STEP BACK SWEEP, SHUFFLE BACK, COASTER STEP, SHUFFLE FORWARD |
| 2-3 | Cross touch left over right, step back on left |
| 1&5 | Step back on right, step left next to right, step back on right |
| 5&7 | Step back on left, step right next to left, step forward on left |
| 3&1 | Step forward on right, step left next to right, step forward on right |
| SEC 4 | FORWARD ROCK, SIDE ROCK, SAILOR ¼ TURN, FORWARD ROCK, SIDE ROCK, SAILOR ¼ |
| 2&3& | Forward rock on left, recover on right, side rock on left, recover on right |
| 1&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 |
| 3& | 1/4 turn right stepping right back, step left to left |

