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| Pick Up My Stroll |  |

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| **Count:** | 64 | **Wall:** | 2 | **Level:** | Intermediate / Advanced | . |
| **Choreographer:** | Shaz Walton (UK) - April 2008 | | | | |
| **Music:** | 4 Minutes (feat. Justin Timberlake & Timbaland) - Madonna | | | | |
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**Count in - 16 counts –Main Lyrics**

**(Hitch) Cross. (Hitch) back. (Hitch) Back. (Hitch) Forward (Funky Charleston- !) press. ¼ press. Push back.**

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| 1 -2 | Cross point left over right to right diagonal front. Step left back to left diagonal back |

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| 3-4 | Cross point right back to left diagonal back. Step right to right side & push over right hip. |

**(Add some silent hitches here before the points & make full use of upper body)**

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| 5-6 | Press left hip to left. Make a ¼ turn right as you press forward over right knee. |

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| 7-8 S | tep left forward as you press over left knee. Recover weight on right as you push back (stick your bum out!J ) |

**Ball. Forward. Recover. Ball. ¼. Side. Side. Ball. Cross. Touch. Hitch. ¼. Drop. Kick back.**

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| &1-2 | Step left beside right. Rock forward right. Recover on left. |

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| &3-4 | Step right beside left. Make ¼ left as you step left to left side. Step right to right side. (Rock this out) |

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| &5-6 | Step left beside right. Cross step right over left. Touch left to left side. |

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| 7-8 | Hitch left knee as you make ¼ turn left (Lean back) drop down onto left foot kicking right behind as you lean forward. |

**Tap. Tap. Tap. Ball. Cross. Step. Side. Cross. Hitch-Jump. Heel. Drag**

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| 1-2-3 | Tap your right toes 3 times starting forward & ending with your right toe pointed to right side |

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| &4 | Step right beside left. Cross left over right. |

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| 5&6 | Step right to right. Step left to left. Cross right over left. |

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| &7-8 | Hitch left leg make a small jump as you travel to your left. Step left down dragging your right heel in place finishing with toe touched beside left. |

**Push. Recover. Ball cross. ¼ left. Left lock. Rock. Recover. Hinge½ right. Rock.**

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| 1-2 | Push out to right. Recover as you push out to left. |

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| &3-4 | Step right beside left. Cross left over right. Make ¼ turn left stepping right back . |

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| 5& | Step left forward. Lock right behind left. (Weight firmly on right) |

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| 6-7 | Rock out to left. Recover on right. |

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| &8 | Make ½ turn right stepping left down. Rock out to right. |

**Dip. Rock. Step. Walk. Side. Cross. Back. Back. Cross. Back. Turn. Cross.**

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| 1-2 | Start to recover to left as you dip down- keeping weight central. Place weight on left on count 2 (Make your upper body start over right shoulder & move smoothly over to left) |

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| &3-4 | Step right beside left. Walk forward left. Step right to right side. |

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| 5&6 | Cross left over right. Step back right to right diagonal back. Step left back to left diagonal back. |

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| &7 | Cross right over left. Step left back to left diagonal back. |

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| &8 | Make ¼ right stepping right to right side. Cross left over right. |

**Unwind ¾ right. Out. Out. Step. Stomp. Hold. Ball. Stomp. Hitch.**

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| 1-2 | Unwind ¾ turn Right. (Weight ends left) |

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| &3-4 | Step right to right side. Step left to left side. Step right beside left. |

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| 5-6 | Stomp left forward (bend knees as you do this) Hold. (Make it dramatic) |

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| &7-8 | Step left beside right. Stomp right forward (bend knees as you do this) Hitch left knee up. |

**Step. Big step drag (dip) Touch. Walk back x2. Step. ¼ big step drag. (Dip) touch. Step. Forward. ½ ball swivel.**

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| &1-2 | Step left beside right. Take a big step to right dragging left touching left beside right ( Dip here) |

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| 3-4 | Walk back left. Walk back right. |

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| &5-6 | Step left beside right. Make ¼ left stepping right to right, (dip) dragging left in place. Touching left beside right. |

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| &7-8 | Step left beside right. Step forward right. Make ½ turn left on the balls of both feet with heels raised. (Weight ends on right) |

**Left coaster step. ¼ walk (upper body roll) Sailor step. Ball cross. Touch back (look)**

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| 1&2 | Step back left. Step back right. Step forward left. |

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| 3-4 | Walk right- left making a ¼ turn right. (Using your upper body in a rolling motion leading with your right shoulder) |

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| 5&6 | Cross right behind left. Step left to left side. Step right to right. |

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| &7 | Step left beside right. Cross right over left. |

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| 8 | Touch left back to left diagonal back- looking left (shift shoulders- right forward- left back J ) |

**Restart- Wall 3- dance up to count 32. You will be facing the front & start the dance from count 1**