

# Pick a Wildflower

Count: 40

Wall: 4

Level: Phrased Beginner

Choreographer: Stephanie Hammond (USA) - June 2024

Music: Pickin' Wildflowers - Keith Anderson



SEQUENCE: A, A, A (first 8 count only), B, B, B (first 6 counts) restart on new wall B

INTRO APPROXIMATELY 23 SECONDS

## PART A: 24 counts total

- |      |   |
|------|---|
| 1&2  | R toe to heel scuff                               |
| 3&4  | L toe to heel scuff                               |
| 5&6  | Triple step forward on R                          |
| 7&8  | L grapevine at 90° facing right wall              |
| 1&2  | Scuff R leg with 180° turn counterclockwise hitch |
| 3&4  | Grapevine to the R                                |
| 5    | Walk back with L, heel touch with R               |
| 6    | Walk back with R, heel touch with L               |
| 7&8  | R crossover L, full 360° turn                     |
| 1    | Pause   |
| 2    | Pause   |
| 3    | Step down R                                       |
| 4    | Step down L                                       |
| 5    | Pause   |
| 6    | Pause   |
| 7, 8 | Heel pump R & L together                          |

New wall starts left, Repeat for 1.5x

On 3rd sequence of A, B sequence will start after the grapevine on first 8 count.

## PART B: 16 counts total (starts approximately at 0:54)

- |      |   |
|------|---|
| 1&2  | R forward triple step   |
| 3&4  | L forward triple step   |
| 5&   | R toe to heel scuff   |
| 6&   | R foot down over L triple step  |
| 7    | Turn counterclockwise 240° on R foot                                  |
| 8    | Kick L leg out  |
| 1&2  | L step ball change, L foot lead                                       |
| 3    | Step forward R, Pop leg L   |
| 4    | Step forward L, Pop leg R   |
| 5&6& | Flick R leg front then R side, to a ball change on R with R foot lead |
| 7    | Step L, Step R (feet shoulder width apart)                            |
| &8   | Move hips in clockwise circle (or have fun with it!)                  |

REPEAT

**\*\*3rd rotation of B there is a restart\*\* (approx. 1:26)**

- |     |                       |
|-----|-----------------------|
| 1&2 | R forward triple step |
| 3&4 | L forward triple step |

5& R toe to heel scuff  
6& R foot down over L triple step  
**Restart new wall L, Start B sequence over**

**Last Update - 18 Jun. 2024 - R1**

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