

Pick You Up

Count: 32

Wall: 2

Level: Beginner

Choreographer: Leia Müller (DE) - July 2025

Music: Pick You Up - Lil Man J



***The Dance starts after 8 counts**

Section 1: Walk forward 2x – Shuffle - Rock Step – Shuffle ¼ Turn left

- 1 2 RF step forward (1) - LF step forward (2)
- 3 & 4 RF step forward (3) - LF step next to RF (&) - RF step forward (6)
- 5 6 LF step forward (5) - RF on Place (6)
- 7 & 8 ¼ Turn Left over: LF side Step (7) - RF close to LF (&) - LF side Step (8)

Section 2: Jazz Box – 4x Heel Touch ¼ Turn left

- 1 2 RF cross over LF (1) - LF step backwards (2)
- 3 4 RF step to right side (3) – LF step forward (4)
- 5 6 7 8 ¼ Turn Left over: Touch RF heel forward (5), step RF next to LF (&) Touch LF heel forward (6), step LF next to RF (&) Touch RF heel forward (7), step RF next to LF (&) Touch LF heel forward (8), step LF next to RF (&)

Section 3: Grapevine – K-Step with Left – Heel Splits

- 1 & RF step to the right side (1) - LF cross behind RF (&)
- 2 & RF step to the right side (2) - Tap LF next to RF (&)
- 3 & LF Step to left front diagonal (3) - RF Touch beside LF (&) (clap)
- 4 & RF Step to right back diagonal (4) - LF Touch beside RF (&) (clap)
- 5 & LF Step to left back diagonal (5) - RF Touch beside LF (&) (clap)
- 6 & RF Step to right front diagonal (6) - LF close beside RF (&) (clap)
- 7 & 8 & Split heels apart (7) - together (&) - Split heels apart (8) - together (&)

Section 4: Grapevine – K-Step with Right – Heel Splits

- 1 & LF step to the left side (1) - RF cross behind LF (&)
- 2 & LF step to the left side (2) - Tap RF next to LF (&)
- 3 & RF Step to right front diagonal (3) - LF Touch beside RF (&) (clap)
- 4 & LF Step to left back diagonal (4) - RF Touch beside RF (&) (clap)
- 5 & RF Step to right back diagonal (5) - LF Touch beside RF (&) (clap)
- 6 & LF Step to left front diagonal (6) - RF close beside LF (&) (clap)
- 7 & 8 & Split heels apart (7) - together (&) - Split heels apart (8) - together (&)

No Restarts, No Tags

Last Update: 5 Jul 2025