

Pick Up My Stroll

COPPERKNOB
STEPSHEETS

Count: 64

Wall: 2

Level: Intermediate / Advanced

Choreographer: Shaz Walton (UK) - April 2008

Music: 4 Minutes (feat. Justin Timberlake & Timbaland) - Madonna



Count in - 16 counts –Main Lyrics

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

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

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)

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

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.

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

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

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

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

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

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

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

&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. Hinge ½ right. Rock.

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

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

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

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

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

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

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)

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

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

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

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

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

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

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

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

&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.

- &1-2 Step left beside right. Take a big step to right dragging left touching left beside right (Dip here)
- 3-4 Walk back left. Walk back right.
- &5-6 Step left beside right. Make ¼ left stepping right to right, (dip) dragging left in place. Touching left beside right.
- &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)

- 1&2 Step back left. Step back right. Step forward left.
- 3-4 Walk right- left making a ¼ turn right. (Using your upper body in a rolling motion leading with your right shoulder)
- 5&6 Cross right behind left. Step left to left side. Step right to right.
- &7 Step left beside right. Cross right over left.
- 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
