

# Pick Me Up

**Count:** 68

**Wall:** 4

**Level:** Easy Intermediate

**Choreographer:** Celia Stevens (NZ) - July 2007

**Music:** Pick Me Up On Your Way Down - Martina McBride



**Feet together weight on left, start on Vocals.**

**¼ TURN L, SWEEP R HEEL TAP TWICE, ¼ TURN R, SWEEP L HEEL TAP TWICE.**

- 1,2,3,4 Sweep R foot ¼ turn to left (2 beats), Tap R heel twice,  
5,6,7,8 Sweep L foot ¼ turn to right (2 beats), Tap L heel twice.

**VINE RIGHT SCUFF, VINE LEFT STOMP.**

- 1,2,3,4 Step R foot to right side, Step L foot behind right, Step R foot to right side, Scuff L beside right  
5,6,7,8 Step L foot to left side, Step R foot behind left, Step L foot to left side, Stomp R beside left.

**TWIST RIGHT HEEL-TOE-HEEL, CLAP, TWIST LEFT HEEL-TOE-HEEL, CLAP.**

- 1,2,3,4 With both feet together traveling to right - twist heel toe heel, clap \*\*  
5,6,7,8 With both feet together traveling to left – twist heel toe heel, clap.

**STEP PIVOT ½ TURN, TOE STRUT, STEP PIVOT ½ TURN, TOE STRUT.**

- 1,2,3,4 Step R foot forward pivot ½ turn left, TOE STRUT: Touch R toe forward, drop heel to floor.  
5,6,7,8 Step L foot forward pivot ½ turn right, TOE STRUT: Touch L toe forward, drop heel to floor.

**BACK LOCK, HEEL TOUCH, BACK LOCK, HEEL TOUCH.**

- 1,2,3,4 Step R foot back at 45 degrees, Step L foot across in front of right, Step R foot back, Touch L heel forward at 45 degrees.  
5,6,7,8 Step L foot back at 45 degrees, Step R foot across in front of left, Step L foot back, Touch R heel forward at 45 degrees.

**¼ TURN TOE STRUT, ¼ TURN TOE STRUT, ROCK RECOVER, KICK BALL CROSS.**

- 1,2,3,4 Turn a ¼ turn to right TOE STRUT R FOOT, Turn a ¼ turn to right TOE STRUT L FOOT,  
5,6,7&8 Rock back onto R foot, Recover forward onto L foot, Kick R foot forward, Step R foot back, Step L across in front of right foot.

**¼ TURN TOE STRUT, ¼ TURN TOE STRUT, ROCK RECOVER, KICK BALL CROSS.**

- 1,2,3,4 Turn a ¼ turn to right TOE STRUT R FOOT, Turn a ¼ turn to right TOE STRUT L FOOT,  
5,6,7&8 Rock back onto R foot, recover onto L foot, kick R foot forward, step R foot back, Step L across in front of right foot.

**¼ TURN BACK, ½ TURN STEP FWD, ROCK RECOVER, COASTER STEP, PIVOT ½ TURN.**

- 1,2 Step back into a ¼ turn left stepping onto R foot, ½ turn left step forward onto L foot,  
3,4 Rock forward onto R foot, rock back onto L foot,  
5&6,7,8 S tep R foot back, Step L foot beside right, Step R foot forward, Step L foot forward, ½ turn right.

**STEP FORWARD, FORWARD TOGETHER, HEEL TAP TWICE.**

- 1,2,3,4 Step L foot forward, Step R foot beside left, Raise both heels, drop both heels twice.

**RESTART \*\*** During the 3rd wall (facing 6:00) Dance up to the Heel twist clap to right (count 20) and restart from the beginning.

This is a nice country song enjoy the dance. Thank-you Ross for the music.

