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.
$1 / 4$ TURN L, SWEEP R HEEL TAP TWICE, $1 / 4$ TURN R, SWEEP L HEEL TAP TWICE.
1,2,3,4 Sweep $R$ foot $1 / 4$ turn to left (2 beats), Tap $R$ heel twice,
$5,6,7,8 \quad$ Sweep $L$ foot $1 / 4$ turn to right (2 beats), Tap $L$ heel twice.
VINE RIGHT SCUFF, VINE LEFT STOMP.
$1,2,3,4 \quad$ Step $R$ foot to right side, Step $L$ foot behind right, Step $R$ foot to right side, Scuff $L$ beside right
$5,6,7,8 \quad$ 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 **
$5,6,7,8 \quad$ With both feet together traveling to left - twist heel toe heel, clap.
STEP PIVOT ½ TURN, TOE STRUT, STEP PIVOT ½ TURN, TOE STRUT.
$1,2,3,4 \quad$ Step R foot forward pivot $1 / 2$ turn left, TOE STRUT: Touch R toe forward, drop heel to floor.
$5,6,7,8 \quad$ Step $L$ foot forward pivot $1 / 2$ turn right, TOE STRUT: Touch $L$ toe forward, drop heel to floor.
BACK LOCK, HEEL TOUCH, BACK LOCK, HEEL TOUCH.
$1,2,3,4 \quad$ 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.
$5,6,7,8 \quad$ 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.
$1 / 4$ TURN TOE STRUT, $1 / 4$ TURN TOE STRUT, ROCK RECOVER, KICK BALL CROSS.
$1,2,3,4 \quad$ Turn a $1 / 4$ turn to right TOE STRUT R FOOT, Turn a $1 / 4$ turn to right TOE STRUT L FOOT,
$5,6,7 \& 8 \quad$ 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.
$1 / 4$ TURN TOE STRUT, $1 ⁄ 4$ TURN TOE STRUT, ROCK RECOVER, KICK BALL CROSS.
$1,2,3,4 \quad$ Turn a $1 / 4$ turn to right TOE STRUT R FOOT, Turn a $1 / 4$ turn to right TOE STRUT L FOOT,
$5,6,7 \& 8 \quad$ 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.
$1 / 4$ TURN BACK, ½ TURN STEP FWD, ROCK RECOVER, COASTER STEP, PIVOT ½ TURN.
1,2 Step back into a $1 / 4$ turn left stepping onto $R$ foot, $1 / 2$ turn left step forward onto $L$ foot,
3,4 Rock forward onto $R$ foot, rock back onto $L$ foot,
$5 \& 6,7,8 \mathrm{~S}$ tep $R$ foot back, Step $L$ foot beside right, Step $R$ foot forward, Step $L$ foot forward, $1 / 2$ 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.
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