

Pick Her Up

Compte: 32

Mur: 2

Niveau: Beginner Contra



Chorégraphe: Minelle Debora (IT) - January 2024

Musique: Pick Her Up (feat. Travis Tritt) (Radio Edit) - Hot Country Knights
ou: Jingle My Bells (World Mix) - Cory Marks

Start on lyrics

SEC.1: R STOMP, TOE FAN (R-L), R STOMP, L STOMP, TOE FAN (L-R), L STOMP

- 1 - 2 Stomp R slightly forward (Toe IN), R Toe move OUT to right side
- 3 - 4 R Toe move IN to left side, Stomp R
- 5 - 6 Stomp L slightly forward (Toe IN), L Toe move OUT to left side
- 7 - 8 L Toe move IN to right side, Stomp L

SEC.2: R DIAGONALLY FWD LOCK STEP, L SCUFF, L DIAGONALLY FWD LOCK STEP, R SCUFF

- 1-2-3 Step R diagonally right forward, Cross L behind R, Step R diagonally right forward
- 4 Scuff L beside R
- 5-6-7 Step L diagonally left forward, Cross R behind L, Step L diagonally right forward
- 8 Scuff R beside L

SEC.3: HEEL SWITCHES ½ TURN LEFT, R ROCKING CHAIR

- 1 - 2 Touch R heel forward, Step R beside L turning ¼ to left
- 3 - 4 ¼ turn left and Touch L heel forward, Step L beside R
- 5 - 6 Step R forward, recover weight on L
- 7 - 8 Step R back, recover weight on L

SEC.4: R SLOW SHUFFLE FWD, L HOOK (and L HEEL TOUCH FROM THE OTHER DANCER), L SLOW SHUFFLE BACK, R STAMP

- 1-2-3 Step R forward, Step L beside R, Step R forward
- 4 Hook L forward (and touch L heel from the other dancer in front of you)
- 5-6-7 Step L back, Step R beside L, Step L back
- 8 Stomp Up R beside L

RESTART

On 10th repetition (6 O'clock) dance through count 24 and Restart dance

FINAL

On 14th repetition, after 24 counts, STOMP R FORWARD