Don't Try To Pick Me Up

Niveau: Improver

Chorégraphe: Rosalie Mackay (AUS) - June 2007

Compte: 32

Musique: Don't Bet Your Boots - Jean Stafford

RIGHT, LOCK, RIGHT, SCUFF, LEFT, LOCK, LEFT, SCUFF

- 1-2-3-4 Step right diagonally forward, lock left behind right, step right diagonally forward, scuff left together
- Step left diagonally forward, lock right behind left, step left diagonally forward, scuff right 5-6-7-8 together

SIDE ROCK, CROSS, HOLD, SIDE ROCK TURN ¼, FORWARD, HOLD

- Rock right to side, recover to left, cross right over left, hold 1-2-3-4
- 5-6-7-8 Step left to side, turn 1/4 right and step right in place, step left forward, hold (3:00)

SIDE, BEHIND, SIDE, TOUCH, BACK, HEEL, FORWARD, TOUCH

1-2-3-4 Step right to side, cross left behind right, step right to side, touch left together 5-6-7-8 Step left diagonally back, touch right heel diagonally forward, step right in place, touch left together

ROCK BACK, FORWARD, PIVOT ½, FORWARD, HOLD, PIVOT TURN ½

- Rock left back, recover to right, step left forward, turn 1/2 right (weight to right) 1-2-3-4
- 5-6-7-8 Step left forward, hold, step right forward, turn 1/2 left (weight to left)

REPEAT

TAG: At the end of the 4th (12:00) & 11th wall (6:00)

1-2-3-4 Stomp right diagonally forward, hold, stomp left diagonally forward, hold

5-6-7-8 Step right home, step left together, swivel heels apart, swivel heels together

EMail / Website





Mur: 4