

Pick U Up

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Leigh Redman - September 2014
音乐: Pick U Up - Adam Lambert : (Album: For Your Entertainment - 4:01)



#32 count intro weight on L facing forward: CW rotation.

Cross, side, sailor, cross, side, sailor ½

- 1-2 Step R across in front of L, step L to L side
- 3&4 Step R behind L, step L, recover R
- 5-6 Step L across in front of R, step R to R side
- 7&8 Step L behind R turning ½ L, step R, recover L (facing 6 o'clock)

Dorothy R, Dorothy L, pivot ½, shuffle ½

- 1-2& Step R forward at 45° cross L behind R, small step forward to R at 45°,
- 3-4& Step L forward at 45° cross R behind L, small step forward to L at 45°,
- 5-6 Step R forward pivot ½ L (facing 12 o'clock)
- 7&8 Step forward R, step L beside R turning ¼ R, step R back turning ¼ R (facing 6 o'clock)

Walk back, back, coaster back, point ¼ R, hinge ½

- 1-2 Walk back L, walk back R
- 3&4 Step L back, step R together, step L forward,
- 5&6 Point R to R side, turn ¼ to R (facing 9 o'clock) replacing R beside L, step L to L side keeping weight on R
- 7-8 Push off L turning ½ on R (facing 3 o'clock)

Side shuffle, cross shuffle, rock, recover, behind, ¼ L, step

- 1&2 Step L to L, step R beside L, step L to L,
- 3&4 Step R across L, step L to L beside R, step R across L
- 5-6 Step L to L side, recover on R
- 7&8 Cross L behind R, step R to R side turning ¼ L, step L (facing 12 o'clock)

Step touch, Step touch, kick ball change, out, out, touch

- 1-2 Step R forward to R side, touch L beside R and clap
- 3-4 Step L forward to L side, touch R beside L and clap
- 5&6 Kick R in front, step R in place, step L
- &7-8 Step R out to R side, step L out to L side Touch R beside L (facing 12 o'clock) [RESTART WALL 5]

Cross, point, sailor step, behind, side, cross shuffle

- 1-2 Step R across L, point L to L side
- 3&4 Step L behind R, step R, recover L
- 5-6 Step R back behind L, Step L to L side
- 7&8 Step R across L, step L to L beside R, step R across L (facing 12 o'clock)

Side rock, recover, behind, ¼ R, step, rock, recover triple turn

- 1-2 Step L to L side, Recover on R
- 3&4 Cross L behind R, Step R to R side turning ¼ R, step L
- 5-6 Step forward R, recover on L
- 7&8 Full turn clockwise stepping R, L, R (facing 3 o'clock)

Walk, Walk, cross samba, cross samba, Shuffle fwd

- 1-2 Walk forward L, Walk forward R

3&4	Step L across R, Step R to R side, Recover on L
5&6	Step R across L, Step L to L side, Recover on R
7&8	Step forward L, step R beside L, step L forward (facing 3 o'clock)

Restart on wall 5: After count 40 hold for 4 counts then restart

Contact - Leigh Redman: 0407 013 479 - la.redman@bigpond.com
