

Gotta Pull Together

32 Count, 4 Wall, Beginner

Choreographer: Mary E Richardson (UK) July 09

Choreographed to: Gotta Pull Yourself Together
by The Nolans

Start dancing on the lyrics

1. Vine right, heel touch, vine left, heel touch

12 step right foot to right side, step left foot behind right,
34 step right foot to right side, touch left heel forward to left diagonal
56 step left foot to left side. Step right foot behind left
78 step left foot to left side, touch right heel forward to right diagonal

2. Walk backward, touch, walk forward, touch

1-3 walk backward on right foot, left foot, right foot,
4 touch left foot next to right
5-7 walk forward on left foot, right foot, left foot
8 touch right foot next to left foot

3. 1/8 paddle turns turning left x4

12 step right foot forward, turn 1/8 to left (weight to left)
34 step right foot forward, turn 1/8 to left (weight to left)
56 step right foot forward, turn 1/8 to left (weight to left)
78 step right foot forward, turn 1/8 to left (weight to left)

4. Right shuffle, left shuffle, Monterey ¼ turn right

1&2 step forward right foot, close left to right, step forward right
3&4 step forward left foot, close right to left, step forward left
56 touch right foot to right side, on ball of left pivot ¼ turn right stepping right beside left,
78 touch left to left side, step left beside right.