

Pick Up My Stroll

64 Count, 2 Wall, Intermediate/Advanced
Choreographer: Shaz Walton (UK) April 2008
Choreographed to: Four Minutes by Madonna, ft.
Justin Timberlake, CD: Hard Candy (120 bpm)

(HITCH) CROSS, (HITCH) BACK, (HITCH) BACK, (HITCH) FORWARD (FUNKY CHARLESTON) PRESS, ¼ PRESS, PUSH BACK

- 1-2 Cross/touch left over right, step left diagonally back
3-4 Cross/touch right behind left, step right to side & push hip right
Add some silent hitches here before the points & make full use of upper body
5-6 Push hip to left, turn ¼ right and press right forward
7-8 Rock left forward (press over left knee), recover to right. Stick your bum out

BALL, FORWARD, RECOVER, BALL, ¼, SIDE, SIDE, BALL, CROSS, TOUCH, HITCH, ¼, DROP, KICK BACK

- &1-2 Step left together, rock right forward, recover to left
&3-4 Step right together, turn ¼ left and step left to side, step right to side
&5-6 Step left together, cross right over left, touch left to side
7&8 Hitch left knee, turn ¼ left (lean back) and step left together, kick right back (lean forward)

TOUCH, TOUCH, TOUCH, BALL, CROSS, STEP, SIDE, CROSS, HITCH-JUMP, HEEL, DRAG

- 1-2-3 Touch right toe forward, touch right toe diagonally forward, touch right toe to side
&4 Step right together, cross left over right
5&6 Step right to side, step left to side, cross right over left
&7-8 Hitch left knee, small jump left on your right foot, step left to side and drag right heel touched together

PUSH, RECOVER, BALL CROSS, ¼ LEFT, LEFT LOCK, ROCK, RECOVER, TURN ½ RIGHT, ROCK

- 1-2 Rock right to side, recover to left
&3-4 Step right together, cross left over right, turn ¼ left and step right back
5& Step left forward, lock right behind left
6-7 Rock left to side, recover to right
&8 Turn ½ right and step left together, step right to side

DIP, ROCK, STEP, WALK, SIDE, CROSS, BACK, BACK, CROSS, BACK, TURN, CROSS IN PLACE FINISHING WITH TOE

- 1-2 Dip down with weight on both feet, place weight on left
Make your upper body start over right shoulder & move smoothly over to left
&3-4 Step right together, step left forward, step right to side
5&6 Cross left over right, step right diagonally back, step left diagonally back
&7 Cross right over left, step left diagonally back
&8 Turn ¼ right and step right to side, cross left over right

UNWIND ¾ RIGHT, OUT, OUT, STEP, STOMP, HOLD, BALL, STOMP, HITCH

- 1-2 Unwind ¾ right (weight to left)
&3-4 Step right to side, step left to side, step right together
5-6 Stomp left forward (bend knees), hold
&7-8 Step left together, stomp right forward (bend knees), hitch left knee

STEP, BIG STEP DRAG (DIP) TOUCH, WALK BACK TWICE, STEP, ¼ BIG STEP DRAG, (DIP) TOUCH, STEP, FORWARD, ½ BALL SWIVEL

- &1-2 Step left together, big step right to side, drag left toward right (dip down)
3-4 Step back left, right
&5-6 Step left together, turn ¼ left and step right to side, (dip) drag left toward right
&7-8 Step left together, step right forward, turn ½ left with heels raised (weight to right)

LEFT COASTER STEP, ¼ WALK (UPPER BODY ROLL) SAILOR STEP, BALL CROSS, TOUCH BACK (LOOK)

- 1&2 Step left back, step right together, step left forward
3-4 Curving walk right, left making a ¼ turn right
On the curving walk, use your upper body in a rolling motion leading with your right shoulder
5&6 Cross right behind left, step left to side, step right to side
&7 Step left together, cross right over left
8 Touch left diagonally back. Look left. Shift shoulders right, forward, left, back

RESTART: On Wall 3, dance up to count 32 (You will be facing the front) & start the dance from count 1