

Pick Me Up

32 Count, 4 Wall, Improver

Choreographer: Brandi Hughes (CA) Sept 2016

Choreographed to: Pick Me Up by Brett Kissel

Section 1 Coaster Step, Rock/Recover, Back Shuffle, Sailor ½ Turn
1&2 Step Right back (1), Step Left back beside right (&), Step Right forward (2)
3-4 Step Left forward (3), Recover weight back onto Right (4)
5&6 Step Left back (5), Step Right back beside left (&), Step Left back (6)
7&8 Sweep Right leg around behind left making ½ turn right (6:00), Step Left slightly to left side (&), Step Right at center (8)

Section 2 Side Rock/Recover, Cross Shuffle, ½ Pivot Turn (x2)
1-2 Step Left to left side (1), Recover weight on Right (2)
3&4 Cross Left over right (3), Step Right to right side (&), Cross Left over right (4)
5-6 Step Right forward (5), Make ½ turn left taking weight (12:00) (6)
7-8 Step Right forward (7), Make ½ turn left taking weight (6:00) (8)
****Restart Here on Wall 4****

Section 3 Toe Strut Jazz Box
1-2 Cross Right toe over left (1), Step down on Right (2)
3-4 Step Left toe back (3), Step down on Left (4)
Restart Here on Wall 2
5-6 Step Right toe to center (5), Step down on Right (6)
7-8 Cross Left toe over right (7), Step down on Left (8)

Section 4 Scissor Step, ¼ Toe Strut, Rocking Chair, Skate Left/Right
1&2 Step Right to right side (1), Step Left beside right (&), Cross Right over left (2)
3-4 Step Left toe ¼ turn left (3:00) (3), Step down on Left foot (4)
5&6& Step Right forward (5), Recover weight back on left (&), Step Right back (6), Recover weight forward on left (&)
7-8 Keep Right foot flat sliding forward and onto right diagonal (7), Keep Left foot flat sliding forward on Left diagonal (8)

Restarts: Wall 2 – Restart after 20 Counts
Wall 4 – Restart after 16 Counts

Have fun!