

PICK HER UP

Count: 64. Wall: 2. Level: Improver/Intermediate

Choreographer: Darren Bailey (UK) - June 2020

Music: Pick Her Up by Hot Country Knights - (feat. Travis Tritt) [Radio Edit]

INTRO: 16 count. Restart: Wall 5 after count 56 [12:00]

VINE RIGHT, CROSS, POINT, CROSS, POINT, CROSS

1-4 Step R to right, Step behind R, Step R to right, Cross L over R

5-8 Point R toes to right, Cross R over L, Point L toes to left, Cross L over R

HEEL GRIND 1/4 RIGHT, ROCK BACK, RECOVER,

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1,2 Step R heel forward, Fan toe out turning ¼ right step L back [3:00]

3,4 Rock R back, Recover onto L

5,6 Step R heel forward, Fan toe out turning ¼ right step L back [6:00]

7,8 Rock R back, Recover onto L

STEP, SWEEP, CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE

1,2 Step R forward **Clap**, Sweep L to front **Click fingers L hand low R hand high**

3,4 Cross L over R, Step R to right

5,6 Step L behind R **Clap**, Sweep R to back **Click fingers R hand low L hand high**

7,8 Step R behind L, Step L to left

STOMP, STOMP, SWIVET RIGHT, SWIVET LEFT, STOMP, STOMP

1,2 Stomp R forward, Stomp L beside R

3,4 Twist both toes to R (**weight on heel of R and ball of L**), Return to centre

5,6 Twist both toes to L (**weight on heel of L and ball of R**), Return to centre

7,8 Stomp R forward, Stomp L beside R

ROCKING CHAIR, STEP, PIVOT 1/2 LEFT, STEP, PIVOT 1/2 LEFT

1-4 Rock R forward, Recover onto L, Rock R back, Recover onto L

5-8 Step R forward, Pivot ½ left, Step R forward, Pivot ½ left [6:00]

VINE RIGHT, TOUCH, RHUMBA FORWARD, HOLD

1-4 Step R to right, Step L behind R, Step R to right, Touch L beside R

5-8 Step L to left, Step R beside L, Step L forward, Hold

STEP, PIVOT 1/2 LEFT, STEP, HOLD, WALK, WALK, WALK, HOLD

1-4 Step R forward, Pivot ½ left, Step R forward, Hold [12:00]

5-8 Step L forward, Step R forward, Step L forward, Hold

(Option: on counts 5-7 you can make a full turn right travelling forward)

RESTART: Wall 5 facing 12:00

OUT, OUT, IN, CROSS, SIDE, TOUCH BEHIND, 1/2 LEFT WITH 2 BOUNCES

1-4 Step R out, Step L out, Step R in, Cross L over R

5,6 Step R to right, Touch L behind R

7,8 Turn ¼ left (**with bounce**), Turn ¼ left (**with bounce**) **weight on L** [6:00]

64 REPEAT