

# PICK HER UP AT 8 EZ

**Count:** 32. **Wall:** 4. **Level:** Easy Beginner

**Choreographer:** Jan McClay (USA) - January 2026

**Music:** Pick Her Up At 8 by Kaylee Rose. Album: Pick Her Up At 8 - single

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**INTRO: 16 count. Weight on L. One Restart.**

## **HEEL STRUT, HEEL STRUT, MAMBO, HOLD**

1-4 Touch R heel forward, Drop toe to floor, Touch L heel forward, Drop toe to floor

5-8 Rock R forward, Recover onto L, Step R beside L, Hold

## **BACK STRUT, BACK STRUT, COASTER BACK, HOLD**

1-4 Touch L toe back, Drop heel to floor, Touch R toe back, Drop heel to floor

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

**RESTART: Wall 6**

## **VINE RIGHT, TOUCH, VINE LEFT 1/4, TOUCH**

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 behind L, Turn ¼ left step L forward, Touch R beside L **[9:00]**

## **SIDE, ROCK, CROSS, HOLD, SIDE, ROCK, CROSS, HOLD**

1-4 Rock R to right, Recover onto L, Cross R over L, Hold

5-8 Rock L to left, Recover onto R, Cross L over R, Hold **[9:00]**

**OPTION: Rhumba Box back or Side Strut, Back, Rock, Side Strut, Back, Rock**

**32 REPEAT**

Last Update: 28 January 2026