

Pick Her Up

Choreographer : Minelle Debora
Level : Beginner (Contra)
Counts : 32
Type of dance : 2 Wall
Intro : Start on Lyrics
Music : Pick Her Up (ft. Travis Tritt) – by Hot Country Knights
Alt Music : Jingle My Bells (World Mix) – by Cory Marks



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SEC.1: R STOMP, TOE FAN (R-L), R STOMP, L STOMP, TOE FAN (L-R), L STOMP

1 - 2 Stomp R slightly forward (Toe IN), R Toe move OUT to right side
3 - 4 R Toe move IN to left side, Stomp R
5 - 6 Stomp L slightly forward (Toe IN), L Toe move OUT to left side
7 - 8 L Toe move IN to right side, Stomp L

SEC.2: R DIAGONALLY FWD LOCK STEP, L SCUFF, L DIAGONALLY FWD LOCK STEP, R SCUFF

1-2-3 Step R diagonally right forward, Cross L behind R, Step R diagonally right forward
4 Scuff L beside R
5-6-7 Step L diagonally left forward, Cross R behind L, Step L diagonally right forward
8 Scuff R beside L

SEC.3: HEEL SWITCHES ½ TURN LEFT, R ROCKING CHAIR

1 - 2 Touch R heel forward, Step R beside L turning ¼ to left
3 - 4 ¼ turn left and Touch L heel forward, Step L beside R
5 - 6 Step R forward, recover weight on L
7 - 8 Step R back, recover weight on L

SEC.4: R SLOW SHUFFLE FWD, L HOOK (and L HEEL TOUCH FROM THE OTHER DANCER), L SLOW SHUFFLE BACK, R STAMP

1-2-3 Step R forward, Step L beside R, Step R forward
4 Hook L forward (and touch L heel from the other dancer in front of you)
5-6-7 Step L back, Step R beside L, Step L back
8 Stomp Up R beside L

Start Again

RESTART

On 10th repetition (6 O'clock) dance through count 24 and Restart dance

FINAL

On 14th repetition, after 24 counts, STOMP R FORWARD

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