

Pick Yourself Up

CHOREOGRAPHY

Terry Hogan. Brisbane. Australia.

MUSIC

Pick Yourself Up by Dianne Reeves (good night, & good luck & soundtrack)

DIFFICULTY RATING

Intermediate

32 count, 4 wall line dance turning clockwise. 32 count intro. March 2009.

1-8: OUT R, OUT L, FWD R, ROCK FWD L, REPLACE R, 1/2L FWD L, HOLD, 1/4L SIDE R

&,1,2 Small step side Right, small step side Left, step forward Right

3,4 Rock-step forward Left, rock-replace back onto Right

5,6 Make 1/2 turn left and step forward Left, Hold

7 Make 1/4 turn left and step side Right - 3 o'clock

9-16: SIDE CHA CHA (LRL), ROCK FWD R, REPLACE L, ROCK BACK R, REPLACE L, 1/2L BACK R, 1/4L SIDE L

8,&,1 Step side Left, step Right beside Left, step side Left (cha cha)

2,3 Rock-step forward Right, rock-replace back onto Left

4,5 Rock-step back Right, rock-replace forward onto Left

6,7 Make 1/2 turn left on Left foot and step back Right, make further 1/4 turn left and step side Left

17-24: FWD CHA CHA (RLR), ROCK FWD L, REPLACE R 1/4L, SIDE CHA CHA (LRL), CROSS R, SIDE L

8,&,1 Cha cha forward Right, Left, Right - 6 o'clock

2,3 Rock-step forward Left, rock-replace back onto Right making 1/4 turn left

4,&,5 Step side Left, step Right beside Left, step side Left (cha cha)

6,7 Step Right over Left, step side Left

25-32: L SAILOR (RLR), L BEHIND, SIDE R, CROSS L, OUT R, OUT L, HOLD, IN R, IN L, HOLD

8,&,1 Step Right behind Left, rock-step side Left, replace weight onto Right

2,3,4 Step Left behind Right, step side Right, step Left over Right

&,5,6 Step side Right, step side Left, Hold (with feet apart)

&,7,8 Step Right to centre, step Left beside Right, Hold