

Pick Her Up

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Lisa M. Johns-Grose and Kathy Brown – April 2020

Music: Pick Her Up - Hot Country Knights ft. Travis Tritt

Count-in: 2 Counts Intro - Anti-Clockwise

Note: End on Wall 9 after Count 8

[1 - 6] R, R + ¼ R, FWD + ½ TURN R, FWD + ¾ R, L + ½ TURN R

- 1,2** Step RF to R , Touch LF against RF, Step LF to L, Touch RF against LF
- 3,4** Step RF fwd + ¼ Turn R, Lock LF behind, Step RF fwd, Step LF back + ½ Turn R, Lock RF over LF, Step LF back
- 5,6** Step RF fwd + ½ Turn R, Step LF to L + ¼ Turn R, Close RF, Step LF back + ¼ Turn R, Step RF to R + ¼ R, Close LF

[7 - 14] FWD, BACK + ¼ TURN R, FWD + ¾ R, BACK + ¼ L

- 7,8** Step RF back, Step LF back + ½ Turn L, Close RF, Step LF fwd + 1/8 R, Step RF to R + ¼ Turn L, Lock LF over
- 9,10** Step RF back + 1/8 R + 1/8 Turn R, Step LF back + ½ Turn L, Close RF, Step LF fwd + 1/8 R, Step RF to R + ¼ Turn L, Lock LF over
- 7,8** Step RF fwd, Step LF fwd + ½ Turn R, Close RF, Step LF back + 1/4 R, Step RF back + ½ Turn R, Close LF
- 9,10** Step RF fwd + 1/4 L, Step LF fwd + 1/2 Turn R, Close RF, Step LF back + 1/4 L, Step RF back + ½ Turn R, Close LF
- 11,14** Step RF to R + 1/8 fwd, Close LF, Step RF in place, Step LF to L + 1/8 fwd, Close RF, Step LF in place (2x)

[15 - 22] R, R, FWD, BACK

- 15-18** Step RF to R, Touch LF against RF, Step LF to L, Touch RF against LF (2x)
- 19,20** Step RF fwd, Step LF to L, Step RF back + 1/8 R, Step LF to L, Step RF fwd + 1/8 L, Step LF to L
- 21,22** Step RF back + 1/8 R, Step LF to L, Step RF fwd + 1/8 L, Step LF to L, Step RF back + 1/8 R, Step LF to L

[23 - 30] R + ¼ L, R, FWD, BACK

- 23,24** Step RF to R + ¼ Turn L, Touch LF against RF, Step LF to L, Touch RF against LF
- 25,26** Step RF to R, Touch LF against RF, Step LF to L, Touch RF against LF
- 27,28** Step RF fwd, Step LF to L, Step RF back+ 1/8 R Step LF to L, Step RF fwd + 1/8 L, Step LF to L
- 29,30** Step RF back + 1/8 R, Step LF to L, Step RF fwd + 1/8 L, Step LF to L, Step RF back + 1/8 R, Step LF to L

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=141001