Pick Me Up

Count: 48 **Wall:** 4 **Level:** Intermediate

Choreographer: Karl-Harry Winson (UK), Jamie Barnfield (UK) & Willie Brown (SCO) - October 2024

Music: Call Me - Cascada

Intro: 32 Counts (Start on vocals)

Right Extended Grapevine. Right Chasse. Left Back Rock.

1 – 4	Step Right to Right side. Cross Left behind Right. Step Right to Right side. Cross Left over Right.
5&6	Step Right to Right side. Close Left beside Right. Step Right to Right side.
7 – 8	Rock back on Left. Recover forward on Right. (12.00)

1/4 Turn Toe Strut. 1/2 Turn Toe Strut. 1/4 Turn Toe Strut. Right Back Rock.

1 – 2	Turn 1/4 Turn Right touching Left toe back (click both hands up at shoulder height). Drop Left heel.
3 – 4	Turn 1/2 Turn Right touching Right toe forward (drop both hands down to waist). Drop Right heel.
5 – 6	Turn 1/4 Turn Right touching Left toe to Left side (click both hands up at shoulder height. Drop Left heel.
7 – 8	Rock back on Right. Recover forward on Left. (drop both hands down to waist). (12.00)

Right Kick Ball Cross. Side. Drag. Left Sailor Step. Touch Back. 1/2 Turn Right.

1&2	Kick Right to Right diagonal. Step Right beside Left. Cross Left over Right. (12.00)
3 – 4	Step Big step out to Right side. Drag Left foot up towards Right. (12.00)
5&6	Cross Left behind Right. Step out on Right. Step Left out to Left side. (12.00)
7 – 8	Touch Right toe back. Pivot 1/2 turn Right transferring weight forward onto Right (6.00).

Step. Pivot 1/2 Turn Right. Walk Forward: Left, Right. Forward Rock. Back-Together.

1 – 4	Step Left forward. Pivot 1/2 Turn Right. Walk forward on Left. Walk forward on Right. (12.00) **TAG 2
5 – 6	Rock forward on Left. Recover weight back on Right. (12.00)
7 – 8	Step Left back. Close Right beside Left (weight on Right foot). (12.00)

Left Toe Strut. Step Pivot 1/2 Turn. Right Toe Strut. Step Pivot 1/4 Turn.

1 – 4	Touch Left toe forward. Drop the heel. Step Right forward. Pivot 1/2 turn Left.
5 – 8	Touch Right toe forward. Drop the heel. Step Left forward. Pivot 1/4 turn Right.

Cross. Hitch. Back. Sweep. Behind-Side-Cross. Hold. Ball-Cross.

1 – 2	Cross Left over Right into Right diagonal corner. Hitch Right knee up towards diagonal (10.30).
3 – 4	Cross Right back behind Left. Sweep Left from front to back (straightening up to 9.00 Wall).
5&6	Cross Left behind Right. Step Right to Right side. Cross Left over Right.
7&8	Hold. Step Right beside Left. Cross step Left over Right. *TAG 1(end of Wall 3)

Start Again!

***Tag 1: End of Wall 3 (facing 3.00) add the following 4 counts.**
Right Diagonal Rocking Chair.

1 – 4	Rock Right forward to Right diagonal. Recover on Left. Rock Right back behind Left. Recover on Left.

***Tag 2/Restart: During Wall 6, Dance 28 Counts and add the following 2 Counts.**

Stomp. Hold/Clap

1 – 2 Stomp Left beside Right. Hold/Clap Hands.