



Pick Me Up

Choreographed by Bethany Martin

Description: 32 count, 4 wall, low intermediate line dance

Music: **Shake It Off** by Taylor Swift

Preview/purchase music

Start dancing on lyrics

STEP, HITCH/SCOOT, STEP HITCH/SCOOT, JAZZ BOX, HOP

- 1-2 Step right forward, hitch left and hop right forward
- 3-4 Step left forward, hitch right and hop left forward
- 5-7 Cross right over, step left back, step right side
- 8 Hop both feet forward (weight to left)

GRAPEVINE RIGHT, GRAPEVINE LEFT

- 1-4 Step right side, cross left behind, step right side, touch left together
- 5-8 Step left side, cross right behind, step left side, touch left together

¼ MONTEREY TURN, HOP OUT, CROSS, TURN ½ LEFT

- 1-2 Touch right side, turn ¼ right and step right together
- 3-4 Touch left side, step left together
- 5-6 Jump feet apart, jump crossing right over
- 7-8 Unwind ½ left (weight to left), hold

SHIMMY RIGHT, SHIMMY LEFT

- 1-2 Rock right side, hold (shimmy)
- 3-4 Recover to left, step right together
- 5-6 Rock left side, hold (shimmy)
- 7-8 Recover to right, step left together

REPEAT

TAG

At the end of 13th wall, after her rap/spoken part, the music will stop for 8 counts. Repeat steps 25-32 (shimmies right and left)
