

# Pick Me Up



Choreographed by: Karl-Harry Winson, Jamie Barnfield & Willie Brown (October 2024)

Music: **Call Me** by **Cascada**

Type: 4 wall, 48 counts,

Level: Intermediate

NOTES 32 count intro (start on vocals)  
TAG at the of wall 3, which starts towards 6 o'clock  
TAG & RESTART during the wall 6, which starts towards 9 o'clock

## **[1 – 8] EXTENDED GRAPEVINE, CHASSE, BACK ROCK-STEP**

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 onto right,

## **[9 – 16] ¼ RIGHT TOE STRUT, ½ RIGHT TOE STRUT, ¼ RIGHT TOE STRUT, BACK ROCK-STEP**

1 – 2 Turn ¼ right touching left toe back (click both hands up at shoulder height), drop left heel,  
3 – 4 Turn ½ right touching right toe forward (drop both hands down to waist), drop right heel,  
5 – 6 Turn ¼ right touching left toe to left side (click both hands up at shoulder height, drop left heel,  
7 – 8 Rock back on right, recover onto left, (drop both hands down to waist), [12:00]

## **[17 – 24] KICK-BALL-CROSS, SIDE, DRAG, SAILOR-STEP, TOUCH BACK, ½ TURN RIGHT**

1 & 2 Kick right to right diagonal, Step right beside left, Cross left over right,  
3 – 4 Step big step out to right side, drag left foot up towards right,  
5 & 6 Cross left behind right, step out on right, step left out to left side,  
7 – 8 Touch right toe back, pivot ½ turn right transferring weight forward onto right, [6:00]

## **[25 – 32] STEP, PIVOT ½ RIGHT, WALK LEFT-RIGHT, FORWARD ROCK-STEP, BACK TOGETHER**

1 – 4 Step left forward, pivot ½ turn right, walk forward on left, walk forward on right, [12:00]

## **TAG 2 TAG 2 and RESTART here during 6th wall when facing 9 o'clock**

5 – 6 Rock forward on left, recover onto right,  
7 – 8 Step left back, close right beside left (weight on right foot),

## **[33 – 40] LEFT TOE STRUT, STEP, PIVOT ½ LEFT, RIGHT TOE STRUT, STEP, PIVOT ¼ RIGHT**

1 – 4 Touch left toe forward, drop heel, step right forward, pivot ½ turn left, [6:00]  
5 – 8 Touch right toe forward, drop heel, step left forward, pivot ¼ turn right, [9:00]

## **[41 – 48] 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 o'clock).  
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.

Start again!

## **TAG 1 At the end of wall 3 when facing 3 o'clock add: DIAGONAL ROCKING CHAIR**

1 – 4 Rock right forward to right diagonal, recover onto left, rock right behind left, recover onto left.

## **TAG 2 During wall 6, dance 28 counts and add: STOMP, HOLD/CLAP and RESTART**

1 – 2 Stomp left beside right, hold/clap hands.