

Pick Her Up at 8

Count: 32

Wall: 2

Level: Easy Improver

Choreographer: Annelise Vestergaard (DK) - March 2026

Music: Pick Her Up At 8 - Kaylee Rose



Intro: 16 counts

Tag and Restart in Wall 6

S1: Touch Right Toe Forward, Twist Heel Right, Recover, Kick, Step Back, Touch Left Across, Step Forward, Scuff

- 1-2 Touch Right toe forward, Twist Right heel to right
- 3-4 Twist Right heel to center, kick Right forward
- 5-6 Step Right back, touch Left toe over Right
- 7-8 Step Left forward, scuff Right

S2: Lock Shuffle Forward, Scuff, Pivot ¼ Right, Cross, Hold

- 1-2 Step Right forward, step Left behind Right
- 3-4 Step Right forward, scuff Left – Tag & restart during wall 6, ending wall 14
- 5-6 Step forward on Left, pivot ¼ right (weight on Right)
- 7-8 Cross Left over Right, hold

S3: Point Side, Point Forward, Point Side, Flick Behind, ¼ Monterey Right

- 1-2 Point Right to right side, Point Right forward
- 3-4 Point Right to right side, flick Right behind Left
- 5-6 Point Right to right side, turn ¼ right and step down on Right
- 7-8 Point Left to left side, step Left next to Right

S4: Heel Together Right and Left, Rocking Chair

- 1-2 Touch Right heel forward, step Right next to Left
- 3-4 Touch left heel forward, step Left next to Right
- 5-6 Rock forward on Right, recover onto Left
- 7-8 Rock back on Right, recover onto Left

Second option: 5-8 Step ½ turn left x 2

Tag – Wall 6, after 12 Counts (06:00)

Step Turn Step, Hold – Restart the dance 12:00

- 1-2 Step Left forward, turn ½ right and step down on Right
- 3-4 Step Left forward, hold

Ending: Wall 14 starts at 06:00.

Dance the first 12 counts, step forward on Left, turn ½ right
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Have Fun - Contact info: ajlinedance@gmail.com

Last Update: 24 Mar 2026