

Pick up your Phone

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Choregraphie par : Niels POULSEN – DK

Description : 32 temps, 4 murs, Novice, Août 2020

Musique : The Elgins – 634-5789 (122 bpm). 2.24. (Album: The Motown Anthology). iTunes etc)



Intro: 16 counts from beginning of track. App. 8 secs. into track. Start with weight on L foot

Restart On wall 6 (starts facing 3:00), after 16 counts, now facing 12:00.

[1 – 8] R kick ball step, R rock fwd, shuffle ½ R X 2

1&2 Kick R fwd (1), step R down (&), step L fwd (2) 12:00

3 – 4 Rock R fwd (3), recover back on L (4) 12:00

5&6 Turn ¼ R stepping R to R side (5), step L next to R (&), turn ¼ R stepping R fwd (6) 6:00

7&8 Turn ¼ R stepping L to L side (7), step R next to L (&), turn ¼ R stepping L backwards (8) 12:00

[9 – 16] R back rock, step ¼ L, R jazz box, step together

1 – 2 Rock back on R (1), recover fwd onto L (2) 12:00

3 – 4 Step R fwd (3), turn ¼ L onto L (4) 9:00

5 – 8 Cross R over L (5), step back on L (6), step R to R side (7), step L next to R (8)

... * restart here on wall 6, facing 12:00 9:00

[17 – 24] Twist heels-toes-heels to R side, clap, twist heels-toes-heels to L side, clap

1 – 4 Twist both heels to R side (1), twist both toes to R side (2), twist both heels to R side (3), clap (4) 9:00

5 – 8 Twist both heels to L side (5), twist both toes to L side (6), twist both heels to L side (7), clap (8) 9:00

[25 – 32] Backwards charleston step, cross, bounce ½ L

1 – 2 Step back on R opening body up to 10:30 (1), point L back (2) 10:30

3 – 4 Step fwd on L (3), kick R fwd (4) 10:30

5 Cross R slightly over L squaring up to 9:00 (5) 9:00

&6&7&8 Raise heels up (&), bounce heels down (6), raise heels up (&), bounce heels down (7), raise heels up (&), bounce heels down (8) – Note: during these counts you gradually turn ½ L making sure you end with the weight on L on count 8 3:00

Start Again!

NOTE! After wall 8 (which ends facing 6:00) The Elgins finish off their song by repeating the chorus twice.

Therefore, you start wall 9 with counts 17-32 repeating them again facing 12:00. To make the transition from count 32 to count 17 easier: finish off the bounces stepping R next to L.

Once you have done this you add the Ending ...

Ending: When finishing your repeat steps (counts 17-32) the last time you change the bounce $\frac{1}{2}$ turn to a full turn L.

You will actually end doing the bounces as a L spiral turn to the front wall 12:00

Contact: nielsbp@gmail.com

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