

PICK YOURSELF UP

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Music: "Pick Yourself Up", Diana Krall, "The Very Best of Diana Krall" CD, Trk 3 or iTunes

Seq: Intro, A, A, B, A, Tag Time: 3:01 Release: September 2013

Rhythm & Phase: Foxtrot Phase 6 Difficulty Level: Above Average



INTRO

1-4 CP RLOD TRAIL FT FREE HOLD 2 BEATS,, BACK TO OPEN THROWAWAY;-; REC TO OPN SM FT LUNGE;-;

- 1 QQS [Bk to Throwaway] In CP RLOD trail feet free hold first 2 beats of music -, -, bk R trng LF twd Wall, -;
2 ---- Sd L twd LOD relax L knee point R twd RLOD and with left side stretch both extend left arms out to side with W's right arm on man's shoulder and man's right arm around woman's waist, -, -, - (*W sd and fwd R trng LF relax right knee slide left foot under body to point LOD with head well left, -, -, -*);
3 --S-(QQS) [Rec to Op Sm Ft Lunge] On next two quick beats of music rise on L to loose Cuddle position with M's arms around W's waist and her arms on M's shoulders, -, lower on L sd & fwd R with right side lead, - (*W rec R, cls L, XRIB of L keep head well to left and keep L pointed twd LOD, -*);
4 ---- Cont to relax R knee and extend line across the measure with M's left hand at W's waist and W's left hand on M's right shoulder with both extending right hands up and out, -, -, -;

5-8 REC TO CONTRA CHK & EXTEND;-; REC TO PROM SWAY; SLOW LINK SCP;

- 5-6 QQS (SS) [Rec to Contra Chk] Rec L to CP Wall, cls R, lower on R and extend L fwd under W's body with right side lead keeping upper body upright looking over W's head, - (*W rec L to CP, -, bk R well under body with left side back and head well to left, -*);
7-8 SS; SS [Rec Prom Sway & Link] Rec R to CP Wall, -, sd L to SCP DLW with upper body stretch then lowering on soften L knee, -; staying low in left knee bring R under body cls on R rise, -, fwd L to SCP DLW, -;

PART A

1-4 FEATHER; HOVER TELEMARK; NATURAL TWIST TURN DLW;-;

- 1 [Feather] Fwd R -, fwd L, fwd R outside ptrn BJO (*W fwd L, -, fwd R trng BJO, bk L*);
2 [Hover Telemark] Blind CP fwd L, -, fwd R trng RF, fwd L SCP DLW;
3-4 [Nat Twist Turn] Fwd R trng RF, -, sd L twd Wall to CP RLOD, XRIB with no weight on R toe (*W fwd L, -, fwd R, fwd L to end BJO*); Unwind RF, -, cont. unwind shift weight to R, step sd and bk L to CP DLW (*W fwd R in BJO, -, swvl RF on R and cls L, sd and fwd R*);

5-8 FEATH FINISH DLC; DBL REV SPIN WALL; HOVER TELMRK; RUNNING OP NAT TURN;

- 5 [Feath Finish] Bk R, -, sd L trng LF twd DLC, fwd R to BJO fcg DLC;
6 (SQ&Q) [Double Reverse] Blend to CP fwd L trng LF, -, sd and fwd R cont. spin LF, - (*W bk R draw L to R, -, trn LF on R heel transfer weight to L/fwd R trn LF, cont. trn XLIFR*) CP WALL;
7 [Hover Telemark] Blind CP fwd L, -, fwd R trng RF, fwd L SCP DLW;
8 SQ&Q [Running Op Nat Turn] Thru R twd DLW, -, sd L twd Wall CP RLOD/bk R right side lead BJO DRC, bk L;

9-12 CHK & WEAVE;-; 3 STEP DLW; HALF NATURAL TURN;

- 9 SQQ [Chk & Weave] Slip R bk under body with contra check action, -, fwd L trng LF, sd and bk R start LF trn right sd stretch;
3 QQQQ Bk L with rt sd stretch continue LF turn, bk R to CP, sd and fwd L left sd stretch turn LF, fwd R with left sd stretch CBJO DLW;
11 [3 Step] Blind CP fwd L, -, fwd R btwn ptrn's feet, fwd L CP DLW;
12 [Half Nat Turn] Fwd R betwn W's feet trng RF, -, sd L across line of dance to CP fcg RLOD (*W heel trn*), bk R;

13-16 OPEN IMPETUS; SLOW SD LOCK; DBLE REV SPIN DLW; WHISK;

- 13 [Open Imp] Bk L trng upper body RF, -, cls R to L heel trn cont turn, fwd L to SCP DLC;
14 [Slow Sd Lock] Thru R twd DLC, -, sd L lead W to CP, rotate upper body LF XRIB DLC;
15 (SQ&Q) [Double Reverse] Blend to CP fwd L trng LF, -, sd and fwd R cont. spin LF, - (*W bk R draw L to R, -, trn LF on R heel transfer weight to L/fwd R trn LF, cont. trn XLIFR*) CP WALL;
16 [Whisk] CP DLW fwd L, -, sd fwd R, XLIB trng to SCP DLC;



PART B

1-4 SYNC WHISK; CHASSE SCP; HALF NAT; RUNNING SPIN DRW;

- 1 SQ&Q [Sync Whisk] Thru R, -, turn lft hip twd ptrn cls L to CP DLW/sd R right sd stretch, XLIB SCP DLW;
- 2 SQ&Q [SCP Chasse] Thru R, -, sd L/cls R, sd L SCP;
- 3 [Half Nat Turn] Thru R twd DLW, -, sd L twd Wall to CP RLOD, bk R;
- 4 SQ&Q [Running Spin] Bk L pivot ½ RF, -, fwd R pivot ½ RF/sd and bk L cont. trng DRW, bk R Contra BJO;

5-8 HEST CHG DLC; TELESPIN SCP DLW;-; CHASSE SCP DLW;

- 5 SS [Hest Chg] Bk L turn RF, -, sd R cont. trng DLC, tch L to CP;
- 6 SQQ [Telespin SCP] Fwd L trng LF, -, fwd & sd R cont. trng, sd and back L partial weight keep left side twd W;
- 7 &QQS Spin LF on L/cont. spin, cont. spin sd R, fwd L to SCP DLW, - (*W bk R trng LF, -, close L to R heel turn, fwd R cont. trng; keep rt side twd M fwd L/R, toe spin cls L, fwd R to SCP DLW, -*)
- 8 SQ&Q [SCP Chasse] Thru R, -, sd L/cls R, sd L SCP;

9-12 HVR CROSS CHK TO CONT HVR CROSS EXTENDED W/ DBL BK LILT;-;-;

- 9 [Hover Cross Chk to Cont Hover Cross] Fwd R trng RF, -, sd L cont. trng to fce DRC, strong RF turn on L step sd and fwd R to end SCAR fcg DLC;
- 10 QQQQ Rk fwd L, rec R, fwd L, cls R with rt sd stretch lead W to BJO (*W rk bk R, rec L, bk R, sd L to BJO*);
- 11 S&S& [Back Lilt] Bk L, - /cls R with slight rise, bk L, -/cls R with slight rise;
- 12 QQQQ Bk L rt stretch, bk R to CP, sd and fwd L with left sd lead, fwd R to CBJO DLC (*W fwd R to CBJO, fwd L to CP, sd and bk R, bk L to CBJO*);

13-16 DBL REV; CHG OF DIR; OPN TELMRK; SCP CHASSE;

- 13 (SQ&Q) [Double Reverse] Fwd L blend CP trng LF, -, sd R cont. trng, spin LF on R (*W bk R trng LF, -, heel turn L/sd bk R cont trng, XLIF*);
- 14 SS [Chg of Dir] Fwd L twd DLW trng slight LF, -, cont. trng LF to DLC sd R, tch L to R to CP DLC;
- 15 SS [Open Telemark] Fwd L trng LF, -, sd R cont. turn (*W heel turn*), sd and fwd L to SCP DLW;
- 16 SQ&Q [SCP Chasse] Thru R, -, sd L/cls R, sd L SCP;

END

1-4 QK HLF NAT TO THROWAWAY;-; REC TO OPN SM FT LUNGE;-;

- 1 QQS In SCP thru R trng RF, sd L twd Wall to CP RLOD, bk R trng LF twd Wall, -;
- 2-4 Repeat Meas. 2-4 of Intro;;;

5-7 REC TO CONTRA CHK; REC TO PROM SWAY; CHG SWAY,,

- 5-6 Repeat Meas 5-6 of Intro;;
- 7 Slowly rotate upper body LF with left side stretch with trial foot pointed RLOD,,

