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 side 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 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] Blnd 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] Blnd 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] Blnd CP fwd L, -, fwd R btxn ptrn’s feet, fwd L CP DLW;

[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 SPD 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 WHSK; CHASSE SCP; HALF NAT; RUNNING SPIN DRW:**
1 SQ&Q [Sync Whisk] Thru R, -, turn lift hip twwr ptrnr 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 twwr DLW, -, sd L twwr 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 SQ&Q [Telespin SCP] Fwd L trng LF, -, fwd & sd R cont. trng, sd and back L partial weight keep left side twwr W;
7 &QSS 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 twwr 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 QQQQ [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 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, XLIB);
14 SS [Chg of Dir] Fwd L twwr DLC 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;

END

1-4
**QK HLF NAT TO THROWAWAY;** REC TO OPN SM FT LUNGE:
1 QQS In SCP thru R trng RF, sd L twwr Wall to CP RLOD, bk R trng LF twwr 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,