## Pick up your Phone

## Niels Poulsen (DK): <u>nielsbp@gmail.com</u>



## August 2020

Type of dance: Music:	32 counts, 4 walls, improver <b>634-5789</b> by The Elgins. 122 bpm. Track length: 2.24. From the Album 'The Motown
	Anthology'. Buy on iTunes etc
Intro:	16 counts from beginning of track. App. 8 secs. into track. Start with weight on L foot
1 restart	On wall 6 (starts facing 3:00), after 16 counts, now facing 12:00.

Counts	Footwork	End facing
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) * <i>restart here on wall 6, facing 12:00</i>	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) – <i>Note: during these counts you gradually turn</i> $\frac{1}{2}$ L making sure you end with the weight on L on count 8	3:00
	Start Again!	