

# Get Over Yourself

Count: 40

Wand: 4

Ebene: Intermediate

Choreograf/in: Leonie Smallwood (AUS)

Musik: Get Over Yourself - SHeDAISY



**INTRO: 30 beats in, on count 'se-ven-&-a-8-&' or 'na na na na na na', shrug shoulders - right, left, right, left, right, left**

## VINE RIGHT, LEFT, HEEL & TOE TOUCHES

- 1&2& Step right to right side, step left in front of right, step right to right side, touch left heel to left 45
- 3&4& Step left to left side, step right in front of left, step left to left side, touch right heel to right 45
- 5&6& Step right in place, touch left toe behind right, replace left, touch right heel in place
- 7&8& Repeat

## STEP KICK IN A CIRCLE, STEP PIVOT TURN STEP

- 1&2& Step right in place, kick left forward, step left forward to turn  $\frac{1}{4}$  right, kick right forward
- 3&4& Step right in place to turn  $\frac{1}{4}$  right, kick left forward, step left forward to turn  $\frac{1}{4}$  right, kick right forward
- 5-6-7-8 Step right forward, step left forward, pivot  $\frac{1}{2}$  turn right (weight on right), step left forward

## ROCK RETURN (RIGHT, LEFT), PIVOT $\frac{1}{2}$ TWICE

- 1-2&3-4& Step/rock right to right side, rock return weight to left, step right beside left, step/rock left to left side, rock return weight to right, step left beside right
- 5-6&7-8 Step right forward, pivot  $\frac{1}{2}$  turn left (weight on left), step right together, step left forward pivot  $\frac{1}{2}$  turn right (weight on right)

## CROSS WALK, SHOULDERS

- 1-2-3-4 Step left across in front of right, step right across in front of left, step left across in front of right, touch right toe behind left
- 5-6-7&8 Step right back, step left beside right (apart), shrug right shoulder, left shoulder, pull both feet together (weight to right)

## TURN & COASTER

- 1-2-3-4 Step left forward, pivot  $\frac{1}{2}$  turn right (weight on right), step left, right to turn  $\frac{1}{2}$  right
- 5&6-7-8& Left coaster step, step right forward, step left beside right (apart), flick right heel up towards left

## REPEAT

## TAG

On the third wall do counts '1&2&3&4&5&6&' then do the intro & restart