

# Gonna Get Over You (EZ) (盼望) (zh)

COPPER KNOB  
BY STEPHEN T. S.

拍数: 32                      墙数: 4                      级数: Improver/Beginner  
编舞者: Juilin Chen (TW) & Irene Deng (TW) - 2014年10月  
音乐: Gonna Get Over You - Sara Bareilles : (Album: iTunes)



**Intro : 16 Count From The Start of The Track (Approx. 9 Seconds Into Track)**  
(前奏16拍)

## Section 1 [1 - 8] WEAVE,STEP, CROSS UNWIND FULL TURN ,STEP

**第一個8拍:**

- 1- 2                      Cross R over L(1), Step L to left side(2)
- 3 - 4                      Step R behind L(3),, Step L to left side(4)
- 5 - 6                      Cross R over L(5) , Unwind full turn left(6)
- 7 - 8                      Step R to right side, Step L in place (12:00)
- 1 - 4                      右足交叉左足前(1)、左足左側踏(2)、右足交叉左足後方(3)、左足左側踏(4)
- 5 - 8                      右足交叉左足左旁(5)、左旋轉360(一圈)(6)、右足右踏、重心回左足 (12:00)

## Section 2 [9 - 16] : (JUMP,POINT)X2 , STEP , HIP BUM

**第二個8拍::**

- 1 - 2                      Jump R in place(1) , Point L to left side(2)
- 3 - 4                      Jump L in place (3) , Point R to right side (4)
- 5 - 6                      Jump R in place , Toe strut L beside R , Hip up left (5), Hip down to right(6)
- 7 - 8                      Hip bum (L , R)

**(Left hand up and down)**

- 1 - 4                      右足原地踏(1)、左足左側點(左手彈指由上往下)、(2)左足原地踏(3)、右足右側點(右手彈指由上往下)(4)
- 5 - 8                      右足原地踏、左足足尖左側點、重心放右足、左臀上提(5)、推臀右左右(6.7.8)、(左手跟隨拍子上下上下)

## Section 3 [17 - 24]: CROSS , HOLD , (POINT , HITCH KNEE)X3

**第三個8拍:**

- 1 - 2                      Cross step L over R(1)、 Hold (2)
- 3 - 4                      Point R to right side(3) , Hitching R knee up(4)
- 5 - 8                      Repeat twice (3 - 4)

**(Right hand moves up and down along with right foot)**

- 1 - 2                      左足右前交叉(1)、 停(2)
- 3 - 4                      右足尖右側點(3)、 右膝向左前斜提(4)
- 5 - 8                      重複 (3 - 4 ) 的動作2次

**(右手從第三拍開始跟隨提膝動作上下擺動)**

## Section 4 [25 - 32]: CHASSE X4

**第四個8拍:**

- 1 & 2                      Step R to right side(1), step L next to R(&),step R to right side(2)
- 3 & 4                      Turn ¼ left, Step L to left side(3), step R next to L(&),step L to left side(4) (9:00)
- 5 & 6                      Turn ¼ left Step R to right side(5), step L next to R(&),step R to right side(6) (6:00)
- 7 & 8                      Turn ¼ left, Step L to left side(7), step R next to L(&),step L to left side(8)(3:00)
- 1 & 2                      右足右側交換步(右左右)
- 3 & 4                      左轉 1/4 左足左側交換步(左右左)(9:00)
- 5 & 6                      左轉 1/4右足右側交換步(右左右)(6:00)
- 7 & 8                      左轉 1/4左足左側交換步(左右左)(3:00)

**RESTART:**

- 1.                      During wall 3 & 10 after count 16 (facing 9:00 & 12:00) .Then restart the dance again.

2. During wall 6 after count 8 (facing 3:00) .Then restart the dance again.
1. 第3 & 第10面牆進行到16拍，面向12:00重頭開始
2. 第6面牆進行到第8拍(面向3:00)重頭開始。

**Have fun!!! Happy Dance**

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