

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

Contact – Irene Deng e-mail: yuanmei40681@gmail.com
