

Get Over It

拍数: 64
编舞者: Lucie Lu (DE) - July 2021
音乐: Get Over It - Road Chicks

墙数: 4

级数: Phrased Intermediate



Intro: 16 counts, start on vocals

Pattern of dance: A-A-A-TAG-B-B*-A-A-A-TAG-B-A-B-B-Ending

Part A (32 counts)

S1: Side Behind, Side Cross, Slide Drag Clap

- 1-2 step RF to right side (1) cross LF behind RF (2)
- 3-4 step RF to right side (3), cross LF over RF (4)
- 5-6 slide RF to right side (5), drag LF to right side (6)
- 7-8 drag LF next to RF (7), touch LF next to RF + Clap (8)

S2: Side Behind, Side Cross, Slide Drag Clap

- 1-2 step LF to left side (1) cross RF behind LF (2)
- 3-4 step LF to left side (3), cross RF over LF (4)
- 5-6 slide LF to left side (5), drag RF to left side (6)
- 7-8 drag RF next to LF (7), touch RF next to LF + Clap (8)

S3: Rocking Chair, Heel Grind Turn 1/4R, Rock Back

- 1-2 rock forward on RF (1), recover on LF (2)
- 3-4 rock back on RF (3), recover on LF (4)
- 5-6 step RF forward on heel, make 1/4 turn right on right heel (5) (3:00), step LF back(6)
- 7-8 rock back on RF (7), recover on LF (8)

S4: Step Hold, Step Turn 1/2L, Step Hold, Step Turn 1/2L

- 1-2 step RF forward (1), hold (2)
- 3-4 step LF (3), make 1/2 turn right (4) (9:00)
- 5-6 step LF forward (5), hold (6)
- 7-8 step RF (7), make 1/2 turn left (4) (3:00)

Part B (32 counts 1st time on 9:00)

S1: Touch Across Point, Touch Across Turn 1/4L Flick, Step Turn 1/2L Flick, Step Turn 1/4L Sweep

- 1-2 touch RF toe left diagonal forward across LF (1), touch RF toe right diagonal (2)
- 3-4 touch RF toe left diagonal forward across LF (3), make 1/4 turn left on LF while flicking RF back + touch right hand to RF foot (4) (6:00)
- 5-6 step RF forward (5), make 1/2 turn left on RF while flicking LF back + touch left hand to LF foot (4) (12:00)
- 7-8 step LF forward (7), make 1/4 turn left on LF and sweep RF from back to front (8) (9:00)

S2: 2x Cross Rock, Side Hold

- 1-2 cross rock RF over LF (1), recover on LF (2)
- 3-4 step RF to right side (3), hold (4)
- 5-6 cross rock LF over RF (5), recover on RF (6)
- 7-8 step LF to left side (7), hold (8)

(B*: Restart after 16 Counts of B with Part A - 3:00)

S3: Step Touch, Back Kick, Side Behind, Turn 1/4R, Hold

- 1-2 step RF forward (1), touch LF behind RF (2)
- 3-4 step LF back (3), kick RF forward (4)
- 5-6 step RF to right side (5) cross LF behind RF (6)

7-8 make 1/4 turn right stepping RF forward (7) (12:00), hold (8)

S4: Step Turn 1/2R, Turn 1/4R Behind, Turn 1/4L Hold, Step Turn 1/4L

1-2 step LF (1), make 1/2 turn right stepping RF forward (2) (6:00)

3-4 make 1/4 Turn right stepping LF to left side (3) (9:00), cross RF behind LF (4)

5-6 make 1/4 turn left stepping LF forward (7) (6:00), hold (8)

7-8 step RF forward (7), make 1/4 turn left with weight ending on LF (8) (3:00)

Tag (4 counts 1st time on 9:00, 2nd time on 12:00)

S1: Back Drag stomp

1-2 slide RF back (1), drag LF back (2)

3-4 drag LF next to RF (3), stomp LF next to RF (4)

Ending (12 counts, 9:00)

S1: Touch Across Point, Touch Across Turn 1/4L Flick, Step Turn 1/2L Flick, Stomp, Hold

1-2 touch RF toe left diagonal forward across LF (1), touch RF toe right diagonal (2)

3-4 touch RF toe left diagonal forward across LF (3), make 1/4 turn left on LF while flick RF back + touch right hand to RF foot (4) (6:00)

5-6 step RF forward (5), make 1/2 turn left on RF while flick LF back + touch left hand to LF foot (4) (12:00)

7-8 stomp LF next to RF (7), hold (8)

S2: Rock Back, Scuff Stomp

1-2 rock back on RF (3), recover on LF (4)

3-4 scuff RF next to LF (3), stomp RF next to LF (4)

End of dance - have fun!
