

I Got Over You

COPPERKNOB
BY STEPHEN HETS

拍数: 40 墙数: 4 级数: Easy Intermediate
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音乐: Over You - Daughtry



Intro : 16 counts in (Approx 0.12 sec)

Note(s) : -

Sequence : 36, 40, 8, 36, 40, 32, 32, 40

#1 (1-8) R Forward Rock & Recover, R Close, L Forward with R Sweep, R Syncopated Jazz Box $\frac{1}{4}$ (R) with R Forward, L Chase $\frac{1}{2}$ (R) with L Forward, Full Turn (L)

1-2&3 Weight on LF: Rock RF forward (1), recover weight on LF (2), close RF beside LF (&), step LF forward while sweeping RF from back to front (3) 12.00
4&5 Cross RF over LF (4), turn $\frac{1}{8}$ R stepping LF back (&), turn another $\frac{1}{8}$ R stepping RF forward (5) 3.00
6&7 Step LF forward (6), turn $\frac{1}{2}$ R over R shoulder (&), step LF forward (7) 9.00
8& Turn $\frac{1}{2}$ L stepping RF back (8), turn another $\frac{1}{2}$ L stepping LF forward (&) 9.00

#2 (9-16) R Forward, L-R Syncopated Rumba Box, L Back, R Back Rock & Recover, R Pivot $\frac{1}{2}$ (L)

1-2&3 Step RF forward (1), step LF to L side (2), close RF beside LF (&), step LF forward (3) 9.00
4&5-6 Step RF to R side (4), close LF beside RF (&), step RF back (5), step LF back (6) 9.00
7&8& Rock RF back (7), recover weight on LF (&), step RF forward (8), turn $\frac{1}{2}$ L shifting weight to LF (&) 3.00

#3 (17-24) $\frac{1}{2}$ (L) with R Back & L Sweep, L Back with R Hook, R Forward Shuffle, L-R Syncopated Heel & In Steps, L Pivot $\frac{1}{4}$ (R) Cross with R Sweep

1-2 Turn $\frac{1}{2}$ L stepping RF back and sweep LF from front to back (1), step LF back while hooking RF over L knee (2) 9.00
3&4 Step RF forward (3), step LF next to RF (&), step RF forward (4) 9.00
5&6& Step L heel forward to L diagonal (5), step R heel forward to R diagonal (&), step LF back (6), close RF beside LF (&) 9.00
7&8 Step LF forward (7), turn $\frac{1}{4}$ R shifting weight to RF (&), cross LF over RF while sweeping RF from back to front (8) 12.00

#4 (25-32) R Cross Shuffle, $\frac{1}{2}$ (L) with L Cross Shuffle, R Side Rock Cross, L-R Fishtail Cross, R Side Point, R Touch

1&2 Cross RF over LF (1), step LF to L side (&), cross RF over LF (2) 12.00
3&4 Turn $\frac{1}{2}$ L over L shoulder crossing LF over RF (3), step RF to R side (&), cross LF over RF (4) 6.00
5&6 Rock RF to R side (5), recover weight on LF (&), cross RF over LF (6) 6.00
&7&8& Step LF back to L diagonal (&), step RF back to R diagonal (7), cross LF over RF (&), point R toes to R side (8), touch R toes beside LF (&) 6.00

#5 (33-40) R Side, L Cross, R Side, L Behind with R Sweep, R Behind, $\frac{1}{4}$ (L) with L Forward, R-L Forward Walk, R Syncopated Rocking Chair

1-2&3 Step RF to R side (1), cross LF over RF (2), step RF to R side (&), cross LF behind RF while sweeping RF from front to back (3) 6.00
4&5-6 Cross RF behind LF (4), turn $\frac{1}{4}$ L stepping LF forward (&), step RF-LF forward (5-6) 3.00
7&8& Rock RF forward (7), recover weight on LF (&), rock RF back (8), recover weight on LF (&) 3.00

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