

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Meliss.R
音乐: Get Over You - Sophie Ellis-Bextor



LEFT KICKS, ¼TURN RIGHT KICK CROSS UNWIND ½ WITH CLAP

- 1 Stomp left foot
- 2 Kick left foot forward
- 3 Kick left foot to side
- 4 Turn body ¼ left as you kick left foot forward
- 5 Step down on left
- 6 Kick right foot forward
- 7-8 Cross right foot over left, unwind ½ turn clapping once on eight beat

SYNCOPATED HEEL TAPS, HEEL CHUGS WITH ¼ TURN TWICE

- 9&10& Tap right heel forward, step in place switch to left heel forward, step left in place
- 11&12 Step right in place and lifting both heels make ¼ turn left bounce on toes twice
- 13-16 Repeat steps 9-12

SYNCOPATED HEEL TAPS, RIGHT HEEL FLICK, BOUNCE MAKING ¼ RIGHT WITH SIDE TAPS

- 17&18& Tap right heel forward, step in place right and bring back to place as you switch to left, step left in place
- 19&20 Bending knee flick your right heel as you slap it with your right hand, bring back to place and switch to left foot slightly forward
- 21-22 On both feet bounce twice making ¼ turn over right shoulder
- 23&24 Tap right foot out to the side, bring right back to place and switch tapping left out to side

SIDE ROCK, LEFT AND RIGHT SAILOR STEP, TAP BEHIND WITH A ½ TURN

- 25-26 Rock left to side, recover on to right rock left
- 27&28 Left sailor step - bring left behind right, stepping right to side and stepping left in place
- 29&30 Right sailor step - bring right behind left, stepping left to side and stepping right in place
- 31-32 Tap left toe behind and unwind ½ turn over left shoulder
- 33-40 Repeat section 4 starting with rock to right, then right, left sailor, right behind unwind

LEFT SHUFFLE, RIGHT KICK CROSS STEP BACK, RIGHT SHUFFLE BACK, LEFT COASTER STEP

- 41-42 Shuffle forward on left, right, left
- 43&44 Kick right foot forward, step across left and step back on left
- 45-46 Shuffle back on right, left, right
- 47-48 Rock back on left recover on right step left in place

RIGHT SIDE SHUFFLE WITH ¼ TURN, LEFT STEP PIVOT, LEFT SHUFFLE, RIGHT ½ SHUFFLE

- 49-50 Shuffle to right on right, left right
- 51-52 Making ¼ turn right step left forward pivot ½ turn over left shoulder
- 53-54 Shuffle forward on left right left
- 55-56 Turning over left shoulder make ½ turn on right left right

LEFT KICK BALL CHANGE, WITH APPLE JACKS, RIGHT KICK BALL CHANGE WITH APPLE JACKS

- 57-58 Kick left forward, step down on it and step right in place
- 59-60 Putting weight on right toe and left heel, swing left toe and right heel to left side, then switch weight to left toe and right heel and swing feet to right
- 61-62 Kick right forward, step down on it and step left in place

63-64

Putting weight on left toe and right heel swing feet to right then changing weight to left heel and right toe swing feet to left transferring weight to left

REPEAT

RESTART

On walls 2 and 4 only take the dance up to beat 48 keeping weight on right to start the dance from the beginning. For any other music just dance all 64 counts on every wall.
