

Get Over You

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Marc Michaels
音乐: Get Over You - Sophie Ellis-Bextor



FORWARD SHUFFLES/FORWARD ROCKS/½ TURN SHUFFLE

1&2 Step right shuffle forward, right, left, right
3&4 Step left shuffle forward left, right, left
5-6 Rock forward on right leg, recover on left back
7&8 Right ½ turning shuffle right, left, right

STEP/CROSS AND POINT/ ROCK FORWARD/ LOCK STEPS BACK

1-2 Step left leg, cross over right, point right toe to right side
3-4 Step right leg, cross over left, point left toe to left side
5-6 Rock forward left, recover on right leg
7&8 Go backwards with a left lock step, left, right, left

ROCK BACK/RECOVER/CROSS OVER, ½ TURN UNWIND/RIGHT, LEFT HEEL TAPS

1-2 Rock back on right leg, recover forward on left leg
3-4 Cross right leg over left leg, do ½ turn left, unwind
5-6 Step right foot slightly forward, do 2 heel taps
7-8 Step left foot forward, do 2 heel taps

RIGHT BACK SAILOR, LEFT BACK SAILOR/ ½ TURN RIGHT /BODY ROLL

1&2 Right back sailor shuffle, right, left, right
3&4 Left back sailor shuffle, left, right, left
5-6 Point right toe behind left leg, do a ½ turn going to the right
7-8 With right leg slightly forward, do a body roll

STEP AND SLIDE RIGHT/ STEP AND SLIDE LEFT/ RIGHT SIDE SHUFFLE, LEFT SIDE SHUFFLE

1-2 Step right leg to the right side, slide left leg to meet right leg
3-4 Step left leg to the left side, slide right leg to meet left leg
5&6 Shuffle to the right side(right, left, right)
7&8 Shuffle to the left side (left, right, left)

FULL TURN TOE POINTS

1-2 Turn ¼ left, point right toe to right side, recover right leg next to left
3-4 Turn ¼ left, point left toe forward, recover left leg next to right
5-6 Turn ¼ left, point right toe to right side, recover right leg next to left
7-8 Turn ¼ left, point left toe forward, recover left leg next to right

REPEAT