

Get Over Yourself

COPPER KNOB
BY STEPHEN

拍数: 40 墙数: 4 级数: Intermediate
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音乐: Get Over Yourself - SHeDAISY



INTRO: 30 beats in, on count 'se-ven-&a-8-&' or 'na na na na na na', shrug shoulders - right, left, right, left, right, left

VINE RIGHT, LEFT, HEEL & TOE TOUCHES

1&2& Step right to right side, step left in front of right, step right to right side, touch left heel to left 45
3&4& Step left to left side, step right in front of left, step left to left side, touch right heel to right 45
5&6& Step right in place, touch left toe behind right, replace left, touch right heel in place
7&8& Repeat

STEP KICK IN A CIRCLE, STEP PIVOT TURN STEP

1&2& Step right in place, kick left forward, step left forward to turn $\frac{1}{4}$ right, kick right forward
3&4& Step right in place to turn $\frac{1}{4}$ right, kick left forward, step left forward to turn $\frac{1}{4}$ right, kick right forward
5-6-7-8 Step right forward, step left forward, pivot $\frac{1}{2}$ turn right (weight on right), step left forward

ROCK RETURN (RIGHT, LEFT), PIVOT $\frac{1}{2}$ TWICE

1-2&3-4& Step/rock right to right side, rock return weight to left, step right beside left, step/rock left to left side, rock return weight to right, step left beside right
5-6&7-8 Step right forward, pivot $\frac{1}{2}$ turn left (weight on left), step right together, step left forward pivot $\frac{1}{2}$ turn right (weight on right)

CROSS WALK, SHOULDERS

1-2-3-4 Step left across in front of right, step right across in front of left, step left across in front of right, touch right toe behind left
5-6-7&8 Step right back, step left beside right (apart), shrug right shoulder, left shoulder, pull both feet together (weight to right)

TURN & COASTER

1-2-3-4 Step left forward, pivot $\frac{1}{2}$ turn right (weight on right), step left, right to turn $\frac{1}{2}$ right
5&6-7-8& Left coaster step, step right forward, step left beside right (apart), flick right heel up towards left

REPEAT

TAG

On the third wall do counts '1&2&3&4&5&6&' then do the intro & restart