

4Get U

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Forget You - CeeLo Green



Count In: 16 counts from the start of the music.

(1-8) Walk Back x2, Sailor ½, Kick & Touch & Touch, Ball Side.

- 1 2 Walk back right, left.
3&4 Step right behind left, step left to left side making a ¼ turn left, step right to right side making a ¼ turn left.
5&6 Kick L foot forward, step left next to right, touch right to right side.
&7 Step right next to left, touch left to left side.
&8 Step left next to right, big step to right side (start to drag left as you step).

(9-16) Drag, Ball Cross, Side, Behind Side Cross, Rock, Recover, Cross.

- 1&2 Drag left next to right, step left next to right, cross right over left.
3 Step left to left side.
4&5 Step right behind left, step left to left side, cross right over left.
6 7 8 Rock left out to left side, recover back onto right, cross left over right.

(17-24) Step Back ¼, Shuffle ¼, Step Forward, Cross ¼ Touch, Ball Step Forward, Together.

- 1 Step back on right making a ¼ turn left.
2&3 Step left to left side making a ¼ turn left, step right next to left, step left to left side.
4 Step forward right.
5&6 Cross left over right, step back on right making a ¼ turn left, touch left to left side.
&7 8 Step left next to right, step right forward, step left next to right.

(25-32) Rock & Together, Rock & Cross, Step Back, Step Side Diagonal, Shuffle.

- 1&2 Rock right out to right side, recover back onto left, step right next to left.
3&4 Rock left out to left side, recover back onto right, cross left over right.
5 6 Step back on right, step left to left side making 1/8 of a turn to left diagonal.
7&8 Step right forward, step left next to right, step right forward (Still on diagonal).

(33-40) &Lock, Unwind 5/8, Out Out, Toe Heel, Hitch & Touch, Heel 1/8 Heel 1/8.

- &1 Step left forward, lock right behind left.
2&3 Unwind 5/8 turn over right (Weight ending on left on 3 o'clock wall), step right slightly to right, step left slightly to left.
4&5 Bring right toe in, bring right heel in, hitch right up.
&6 Step right next to left, touch left to left side.
7 8 Swivel left heel to right starting a 1/4 turn left, swivel right heel to right finishing the ¼ turn left.

(41-48) Ball Step, Touch & Touch, Hitch Step, Step Back, Lock, Unwind ¾.

- &1 Step left next to right, step right forward.
2&3 Touch left to left side, step left next to right, touch right to right side.
&4 Hitch right up, step right next to left.
5 6 Step back on left, cross right over left.
7 8 Unwind ¾ turn left over two counts (weight ending on right).

(49-56) Step, Pop, Drag, Run Back R L, Touch Back, Unwind ½, Ball Cross, Rock & Cross

- 1 2 Step left forward, pop your right knee as you drag left back to right.
3&4 Run back on right, run back on left, touch right back.

5&6 Unwind half, step left next to right, cross right over left.
7&8 Rock left out to left side, recover back on right, cross left over right.

(57-64) Step Back $\frac{1}{4}$, Step Side $\frac{1}{4}$, Cross, $\frac{1}{4}$ Together, Walk L R, Shuffle.

1 2 Step back on right making a $\frac{1}{4}$ turn left, step left to left side making a $\frac{1}{4}$ turn left.

*** Ending on 7th wall. ***

3&4 Cross right over left, step left back making a $\frac{1}{4}$ turn right, step right next to left.

5 6 Step forward left, step forward right.

7&8 Step forward left, step right next to left, step slightly forward on left.

*** ENDING ***

On the 7th wall, dance up to and including count 58 and instead of cross, $\frac{1}{4}$ together for counts 3&4, Cross right over left (3), step left back making $\frac{1}{4}$ turn right (&), step right forward making $\frac{1}{2}$ turn right (4). This will bring you back to the 12 o'clock wall.
