

Getting Over

拍數: 96 牆數: 0 級數: Phrased Advanced
編舞者: Stéphanie Bijon (FR) - December 2021
音樂: I'm Never Getting Over You - Gone West



Intro : 8 Counts - Sequence : AB A32B A8 TAG B Ending

Part A: 40c

[1-8] - STEP R SWEEP L, CROSS L, SIDE R, BEHIND SIDE CROSS HITCH R, SLIDE R, TOUCH L, ¼ TURN L, 1/2 TURN LEFT

12&3 Step R fwd with sweep L from back to front (1), Cross L (2), Step R to R side (&), Cross L behind R (3)
&4 Step R to R side (&), Cross L over R with hitch R (4)
5 6 Large step R to R side (5), Touch L next to R (6)
7 8 L ¼ turn Step L fwd (7), L ½ turn Step R back (8)

[9-16] - 1/4 TURN L BASIC NC L, SIDE R, BEHIND ¼ TURN R STEP R, STEP L with HITCH R, BACK R L, POINT R

1 2&3 L ¼ turn Step L to L side (1), Cross R behind L (2), Recover L (&), Step R to R side (3)
4&5 Cross L behind R (4), R ¼ turn Step R fwd (&), Step L fwd with hitch R (5)03:00
678 Step R back (6), Step L back (7), Point R to R side (8)

[17-24] - CROSS ROCK R, SIDE R, STEP L FWD, ¼ TURN L STEP R, ¼ TURN L STEP L, ¼ TURN L SIDE R, BEHIND L, SIDE R with SWAY R, SWAY L, SWAY R

1 2&3 Cross R over L (1), Recover L (2), Step R to R side (&), Step L fwd (3)
4&5 L ¼ turn Step R fwd (4), L ¼ turn Step L fwd (&), L ¼ turn Step R to R side (5)06:00
678& Cross L behind R (6), Step R to R side with Sway R (7), Sway L (8), Sway R (&)

[25-32] - SIDE L, BEHIND R, SIDE L, CROSS R, STEP L FWD, JAZZBOX CROSS R

12&3 Step L to L side (1), Cross R behind L (2), Step L to L side (&), Step R fwd (3)
45678 Step L fwd (4), Cross R over L (5), Back L (6), Step R to R side (7), Cross L over R (8)

[33-40] - ROCK R, ½ TURN L, ROCK L ¼ TURN L, EXTENDED SYNCOPATED WEAVE L, STEP L SIDE, STEP R SIDE

1 2& Rock R (1), Recover L (2), R ½ turn Step R fwd (&)12:00
34 Rock L (3), Recover R (4) 09:00
&5 &6 L ¼ turn Step L to L side (&), Cross R over L (5), Step L to L side (&), Cross R behind L (6)
&7&8 Step L to L side (&), Cross R over L (7), Step L to L side (&), Step R to R side (8)

Part B: 56c

[1-8] - HANDS MOVEMENTS, ¼ TURN L STEP L, ¼ TURN L STEP R, ½ TURN L STEP L SWEEP, CROSS R, SIDE L, BEHIND R SWEEP L, BEHIND L, ¼ TURN R STEP R FWD

1 2&3 Hands movements are sign language on words "Take", "Look", "Pain" and "Face"

Take : grab something (1), Look : like the V as victory but with fingers curved (2)

Pain : Point your fingers front to front with fists closed and turn the fists (&)

Face : with your fingers, do a circle around your face from the R to the L (3), weight on RF

4&5 L ¼ turn Step L fwd (4), L ¼ turn Step R fwd (&), L ½ turn Step L Sweep R from back to front (5)
6&7 Cross R over L (6), Step L to L side (&) Cross R behind L Sweep L from front to back (7)
8& Cross L behind R (8), ¼ turn R Step R fwd (&) 12:00

[9-16] -STEP L FWD, BODY ROLL, BACK R, ¼ TURN L, RISE, CROSS R, UNWIND L, SWEEP R, CROSS R, SWAY L, SWAY R

1 2&3 Step L fwd with body roll (1), Step R back (2), ¼ turn L Step L to L side(&), Rise with left arm up and leg R lift (3) 09:00
4 5 Cross R over L (4), L Unwind with Sweep R from back to front (5)
678 Cross R over L (6), Step L to L side with sway L (7), Step R to R side with sway R (8)

[17-24] - ROCK L BACK DIAGONAL, RECOVER R, CROSS L, 3/8 TURN L BACK, ½ TURN L, ¼ TURN L SIDE R, SIDE L, BEHIND R, ¼ TURN L STEP L FWD, ½ TURN STEP R, ROCK R, RECOVER L, STEP R BACK

1 2 Rock back L (1), Recover R with arms movements, bring both hands to front and down (2) 10:30
&3 Cross L over R (&), 3/8 turn to L Step L back (3) 06:00
4 5 ½ turn L Step L fwd (4), ¼ turn L Step R to R side and push your R hand fwd (5) 09:00
6&7 Step L to L side (6), Cross R behind L (&), ¼ turn L Step L fwd (7) 06:00
8&1 R Step ½ turn to L (8), R rock fwd (&), Recover L and Large step R back (1) 12:00

[25-32] - COASTER STEP L, STEP R, JAZZBOX TOUCH L

2&3 Step L back (2), Step R next to L (&), Step L fwd (3)
4 Step R fwd (4)
5678 Cross L over R (5), Step R back (6), Step L to L side (7), Touch R next to L (8)

[33-48] - LUNGE R, ¼ TURN L SIDE L, ¼ TURN L STEP R BACK, STEP L, FULL TURN L, STEP R, STEP L, SPIRAL TURN R, STEP L

12&3 Press R fwd with hand L down to up (1), ¼ turn L Step L side (2), ¼ turn L Step R back (&), Step L fwd (3) 06:00
4&5 ½ turn L Step R back (4), ½ turn L Step L fwd (&), Step R fwd (5)
678 Step R fwd (6), Spiral turn to L (7), Step L fwd (8)

[49-56] - LUNGE R, ¼ TURN L SIDE L, ¼ TURN L STEP R BACK, STEP L, FULL TURN L, STEP R, STEP L, SPIRAL TURN R, STEP L

12&3 Press R fwd with hand L down to up (1), ¼ turn L Step L side (2), ¼ turn L Step R back (&), Step L fwd (3) 12:00
4&5 ½ turn L Step R back (4), ½ turn L Step L fwd (&), Step R fwd (5)
678 Step R fwd (6), Spiral turn to L (7), Step L fwd (8)

TAG : Happens at 09:00

1 2 ¼ turn L Step L side with a sway, Step R to R side

Ending 16 counts 12:00

[1-8] - SIDE R, BEHIND L, SIDE R, CROSS L, SWAY R L R, TOUCH L, POINT L, TOUCH L

1 2&3 Step R to R side (1), Step L behind R (2), Step R to R side (&), Cross L over R (3)
4&5 Sway R (4), Sway L (&), Sway R (5)
678 Touch L next to R (6), Point L to L side (7), Touch L next to R (8)

[9-16] - SIDE L, BEHIND R, SIDE L, CROSS R, SWAY L R L, TOUCH R, POINT R, TOUCH R

1 2&3 Step L to L side (1), Step R behind L (2), Step L to L side (&), Cross R over L (3)
4&5 Sway L (4), Sway R (&), Sway L (5)
678 Touch R next to L (6), Point R to R side (7), Touch R next to L (8)

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