

Get It Over

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Simon Ward (AUS)
音樂: No Time for Tears - Jo Dee Messina



¼ TURN SAILOR STEP, BACK ROCK, SHUFFLE STEP, STEP ½ PIVOT

1 Cross left behind right
&2 Step right ¼ turn right, step left beside right
3-4 Rock back on right, rock forward onto left
5&6 Step forward right, close left beside right, step forward right
7-8 Step forward left, pivot ½ turn right

DIAGONAL STEP, TOE BACK, SHUFFLE ½ TURN, TWICE

9-10 Step left forward to right diagonal (into corner), touch right toe back
11-12 Shuffle back making ½ turn left, stepping - right, left, right

You are now facing opposite corner

13-14 Step forward left (into corner), touch right toe back
15-16 Shuffle back making ½ turn left, stepping - right, left, right

You should now face wall ¼ turn left of start of dance

STEP, TOUCH, HEEL JACK, ROCK ¼ TURN, SYNCOPATED ½ TURN

17-18 Step forward left, touch right beside left
&19 Step back on right, touch left heel forward
&20 Step left to place, touch right beside left
21-22 Rock to right side on right, rock weight onto left making ¼ turn left
23 Step forward right
& On ball of right make ½ turn left stepping left beside right
24 Step forward right

ROCK STEP, SHUFFLE BACK, ROCK STEP, SHUFFLE FORWARD

25-26 Rock forward on left, rock back onto right
27&28 Step back left, close right beside left, step back left
29-30 Rock back on right, rock forward onto left
31&32 Step forward right, close left beside right, step forward right

SYNCOPATED ROCKS WITH SHUFFLES BACK & FORWARD

33&34 Rock forward on left, rock back onto right, step back left
35&36 Step back right, close left beside right, step back right
37&38 Rock back on left, rock forward onto right, step forward left
39&40 Step forward right, close left beside right, step forward right

SIDE ROCK WITH CROSS, UNWIND ½ TURN, KNEE POPS, HOLD

41 Rock to left side on left
&42 Rock weight onto right in place, cross step left over right
43-44 Unwind ½ turn right, step right slightly to right side
45-46 Pop left knee forward, pop right knee forward
47-48 Pop left knee forward, hold

REPEAT

TAG

This tag should be added to the end of the dance once only after the second wall

KNEE POPS

49-52

Pop knees forward - right, left, right, left
