

# Get It Over

**COPPER KNOB**  
STEPSHEETS

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

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