

# Get Over

拍數: 32      牆數: 2      級數: Beginner line/contra dance  
編舞者: Sophie Archimbaud-Bucaille (FR)  
音樂: Get Over You - Sophie Ellis-Bextor



## WALK FORWARD, BUMPS

1-2-3-4      Step forward right-left-right-left  
5-6      Right step forward with bump to the right, replace right foot next to left  
7-8      Step left forward with bump to the left, replace left foot next to right, weight onto left  
**The two lines should be one during the bumps, so that you can bump with the persons next to you**

## WALK FORWARD, STEP TURN

1-2-3-4      Step forward right-left-right-left  
5-6      Right step forward, ½ turn to the left  
7-8      Step right to right side, step left to left side (feet apart)

## JUMP & SLIDE, SIDE STEPS

1-2      Jump on both feet closed & long step with right foot to the right  
3-4      Slide left foot and touch next to right, and ¼ turn to right  
5-6      Step left to left side, step right next to left,  
7-8      Step left to left side, step right next to left,  
**On 5-6-7-8, contract your upper body in front/back - you can also straight your left arm, palm facing the person from the other line, on your left**

## SIDE STEPS, THREE STEP TURN (AKA "ROLLING WINE")

1-2      Step right to right side, step left next to right,  
3-4      Step right to right side, step left next to right and ¼ turn to the left  
5      Step to left and ¼ turn to left,  
6      ¼ turn to left and step right to right  
7      ½ turn to left, and step left to left  
8      Touch right next to left

**Bounce up and down while doing the "rolling wine", hands at hips level, palms facing the floor**

**REPEAT**

---