

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
