

Get Over It

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



SAILOR SHUFFLE ¼ TURN, BACK FORWARD, SHUFFLE FORWARD, FORWARD PIVOT ½

- 1&2 Step left behind right, step right to right starting a ¼ turn right, complete ¼ turn right stepping slightly back left
3-4 Rock/step back right, rock/step forward center left
5&6 Step forward right, slide/step left beside right, step forward right
7-8 Step forward left, pivot ½ turn right taking weight onto right

FORWARD CORNER, TOUCH BACK, SHUFFLE BACK ½ TURN, REPEAT

- 1-2 Step left forward into right corner, touch right toe back
3&4 Step back right-left-right turning ½ turn left (facing opposite corner)
5-6 Step left forward, touch right toe back
7&8 Step back right-left-right turning ½ turn left (now facing original corner)

STEP FORWARD TO WALL TOUCH, HEEL JACK, SIDE ¼ TURN, SHUFFLE ½ TURN

- 1-2 Turn 45 degrees left stepping forward left to face wall, touch ball of right beside left
&3&4 Step right back, touch left heel forward, step on left, touch ball of right beside left
5-6 Rock right to right, rock center left turning ¼ turn left
7&8 Step forward right, step left next to right turning ¼ left, turn ¼ left stepping forward right

ROCK FORWARD CENTER, SHUFFLE BACK, ROCK BACK CENTER, SHUFFLE FORWARD

- 1-2 Rock/step forward left, rock/step back center right
3&4 Step back left, slide/step right beside left, step back left
5-6 Rock/step back right, rock/step forward center left
7&8 Step forward right, slide/step left beside right, step forward right

& BACK BACK, SHUFFLE BACK, & FORWARD FORWARD, SHUFFLE FORWARD

- &1-2 Step forward left, step back right, step back left (small but emphasized steps)
3&4 Step back right, slide/step left beside right, step back right
&5-6 Step back left, step forward right, step forward left (small but emphasized steps)
7&8 Step forward right, slide/step left beside right, step forward right

& CENTER CROSS/STEP, ½ TURN SIDE RIGHT, KNEE POPS HOLD

- &1-2 Rock left to left, weight to center on right, cross/step left over right
3-4 Pivot ½ turn right on balls of feet, step right to right
5-8 Pop knees forward left-right-left, hold

REPEAT

TAG

Unfortunately there is a 4 beat tag which happens at the end of the 2nd wall only. You will understand when danced to the music.

- 1-4 Pop knees forward right-left-right-left

This dance was a spontaneous thing that I did during a slumber party at the Molkner (Peace Train) residence! I felt like choreographing a dance & I heard this song on their stereo. The rest is history. Don't let the tag put you off, as it is worth dancing, & feels great to do.