

# 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.