

Get Over You

拍數: 32 牆數: 4 級數: Improver
編舞者: Livio (IT)
音樂: Get Over You - Sophie Ellis-Bextor



INTRO (OPTIONAL)

Begin intro 16 beats after start of track

STEP, HOLD

- 1-4 Right foot step forward, hold body for 3 beats in a position like a robot/mannequin (if you have seen the video you will know what I mean)
- 5-8 Left foot step forward, hold body for 3 beats in a position like a robot/mannequin
- 9-16 Repeat 1-8 above

THE MAIN DANCE

Begin with lyrics

ROCK, COASTER, ROCK, SHUFFLE, ROCK, SHUFFLE

- 1-2 Right step forward, rock weight onto left
- 3&4 Right coaster step
- 5-6 Left foot step forward, rock weight onto right
- 7&8 Left shuffle forward
- 9-10 Right foot step forward, rock weight onto left
- 11&12 Right shuffle forward

ROCK, ¾ TURN LEFT

- 13-14 Left foot step forward, rock weight onto right
- 15&16 Left shuffle a ¾ turn left

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

- 17-18 Right step side, rock weight onto left
- 19&20 Right cross shuffle over left
- 21-22 Left step side, rock weight onto right
- 23&24 Left cross shuffle over right

SIDE, HOLD, &SIDE, HOLD

- 25-26 Right step side, hold
- &27 Left foot step together, right step side
- 28 Left touch

ROLLIN' VINE LEFT

- 29-32 Left rolling vine to left

REPEAT
