

# Get Over You

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Marc Michaels  
音樂: Get Over You - Sophie Ellis-Bextor



## FORWARD SHUFFLES/FORWARD ROCKS/½ TURN SHUFFLE

1&2      Step right shuffle forward, right, left, right  
3&4      Step left shuffle forward left, right, left  
5-6      Rock forward on right leg, recover on left back  
7&8      Right ½ turning shuffle right, left, right

## STEP/CROSS AND POINT/ ROCK FORWARD/ LOCK STEPS BACK

1-2      Step left leg, cross over right, point right toe to right side  
3-4      Step right leg, cross over left, point left toe to left side  
5-6      Rock forward left, recover on right leg  
7&8      Go backwards with a left lock step, left, right, left

## ROCK BACK/RECOVER/CROSS OVER, ½ TURN UNWIND/RIGHT, LEFT HEEL TAPS

1-2      Rock back on right leg, recover forward on left leg  
3-4      Cross right leg over left leg, do ½ turn left, unwind  
5-6      Step right foot slightly forward, do 2 heel taps  
7-8      Step left foot forward, do 2 heel taps

## RIGHT BACK SAILOR, LEFT BACK SAILOR/ ½ TURN RIGHT /BODY ROLL

1&2      Right back sailor shuffle, right, left, right  
3&4      Left back sailor shuffle, left, right, left  
5-6      Point right toe behind left leg, do a ½ turn going to the right  
7-8      With right leg slightly forward, do a body roll

## STEP AND SLIDE RIGHT/ STEP AND SLIDE LEFT/ RIGHT SIDE SHUFFLE, LEFT SIDE SHUFFLE

1-2      Step right leg to the right side, slide left leg to meet right leg  
3-4      Step left leg to the left side, slide right leg to meet left leg  
5&6      Shuffle to the right side(right, left, right)  
7&8      Shuffle to the left side (left, right, left)

## FULL TURN TOE POINTS

1-2      Turn ¼ left, point right toe to right side, recover right leg next to left  
3-4      Turn ¼ left, point left toe forward, recover left leg next to right  
5-6      Turn ¼ left, point right toe to right side, recover right leg next to left  
7-8      Turn ¼ left, point left toe forward, recover left leg next to right

## REPEAT

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