

# 4Get U

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Jordan Lloyd (UK) - September 2010  
音樂: Forget You - CeeLo Green



Count In: 16 counts from the start of the music.

## (1-8) Walk Back x2, Sailor ½, Kick & Touch & Touch, Ball Side.

- 1 2            Walk back right, left.  
3&4           Step right behind left, step left to left side making a ¼ turn left, step right to right side making a ¼ turn left.  
5&6           Kick L foot forward, step left next to right, touch right to right side.  
&7            Step right next to left, touch left to left side.  
&8            Step left next to right, big step to right side (start to drag left as you step).

## (9-16) Drag, Ball Cross, Side, Behind Side Cross, Rock, Recover, Cross.

- 1&2           Drag left next to right, step left next to right, cross right over left.  
3            Step left to left side.  
4&5           Step right behind left, step left to left side, cross right over left.  
6 7 8        Rock left out to left side, recover back onto right, cross left over right.

## (17-24) Step Back ¼, Shuffle ¼, Step Forward, Cross ¼ Touch, Ball Step Forward, Together.

- 1            Step back on right making a ¼ turn left.  
2&3           Step left to left side making a ¼ turn left, step right next to left, step left to left side.  
4            Step forward right.  
5&6           Cross left over right, step back on right making a ¼ turn left, touch left to left side.  
&7 8        Step left next to right, step right forward, step left next to right.

## (25-32) Rock & Together, Rock & Cross, Step Back, Step Side Diagonal, Shuffle.

- 1&2           Rock right out to right side, recover back onto left, step right next to left.  
3&4           Rock left out to left side, recover back onto right, cross left over right.  
5 6           Step back on right, step left to left side making 1/8 of a turn to left diagonal.  
7&8           Step right forward, step left next to right, step right forward (Still on diagonal).

## (33-40) &Lock, Unwind 5/8, Out Out, Toe Heel, Hitch & Touch, Heel 1/8 Heel 1/8 .

- &1            Step left forward, lock right behind left.  
2&3           Unwind 5/8 turn over right (Weight ending on left on 3 o'clock wall), step right slightly to right, step left slightly to left.  
4&5           Bring right toe in, bring right heel in, hitch right up.  
&6            Step right next to left, touch left to left side.  
7 8            Swivel left heel to right starting a 1/4 turn left, swivel right heel to right finishing the ¼ turn left.

## (41-48) Ball Step, Touch & Touch, Hitch Step, Step Back, Lock, Unwind ¾ .

- &1            Step left next to right, step right forward.  
2&3           Touch left to left side, step left next to right, touch right to right side.  
&4            Hitch right up, step right next to left.  
5 6           Step back on left, cross right over left.  
7 8            Unwind ¾ turn left over two counts (weight ending on right).

## (49-56) Step, Pop, Drag, Run Back R L, Touch Back, Unwind ½, Ball Cross, Rock & Cross

- 1 2            Step left forward, pop your right knee as you drag left back to right.  
3&4           Run back on right, run back on left, touch right back.

5&6 Unwind half, step left next to right, cross right over left.  
7&8 Rock left out to left side, recover back on right, cross left over right.

**(57-64) Step Back  $\frac{1}{4}$  , Step Side  $\frac{1}{4}$  , Cross,  $\frac{1}{4}$  Together, Walk L R, Shuffle.**

1 2 Step back on right making a  $\frac{1}{4}$  turn left, step left to left side making a  $\frac{1}{4}$  turn left.

**\* Ending on 7th wall. \***

3&4 Cross right over left, step left back making a  $\frac{1}{4}$  turn right, step right next to left.

5 6 Step forward left, step forward right.

7&8 Step forward left, step right next to left, step slightly forward on left.

**\* ENDING \***

On the 7th wall, dance up to and including count 58 and instead of cross,  $\frac{1}{4}$  together for counts 3&4, Cross right over left (3), step left back making  $\frac{1}{4}$  turn right (&), step right forward making  $\frac{1}{2}$  turn right (4). This will bring you back to the 12 o'clock wall.

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