

# 4Get U

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Jordan Lloyd (UK) - September 2010

Music: 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 ¼ , Step Side ¼ , Cross, ¼ Together, Walk L R, Shuffle.**

1 2 Step back on right making a ¼ turn left, step left to left side making a ¼ turn left.

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

3&4 Cross right over left, step left back making a ¼ 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, ¼ together for counts 3&4, Cross right over left (3), step left back making ¼ turn right (&), step right forward making ½ turn right (4). This will bring you back to the 12 o'clock wall.

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