

Get Over You

COPPER KNOB
STEPMATS

拍数: 48 墙数: 0 级数: Phrased Advanced
编舞者: Linda McCormack (UK) - June 2016
音乐: Tears (feat. Louisa Johnson) - Clean Bandit



Tag: step fwd LF (1); step slightly fwd on RF (2); touch LF next to R (&); hold (3,4) weight stays on RF to Restart with B on LF

Notes: start after 32 counts, sequence- Intro, A, B,B, B,B, A,A, B, Tag, B, A,A, B

Intro: 16 counts

[1-8] R nightclub basic, $\frac{3}{4}$ turn R, walk x2, rock fwd, recover, back, $\frac{1}{4}$ with L rock, sway x2.

- 1,2& Step RF to R side (1); step ball of LF behind R (2); recover weight forward on the RF and slightly crossing L (&);
- 3,4& $\frac{1}{4}$ turn R stepping back on the LF (3); $\frac{1}{2}$ turn R stepping fwd on the RF (4); step fwd on the LF (&);
- 5,6& Rock fwd on the RF (5); recover weight back onto the LF (6); step back on the RF (&);
- 7,8& $\frac{1}{4}$ turn L stepping LF to L side (7); sway R taking weight onto RF (8); sway L taking weight onto LF (&);

[9-16] R nightclub basic, $\frac{3}{4}$ turn R, walk x2, rock fwd, recover, back, $\frac{1}{4}$ with L rock, sailor fwd.

- 1,2& Step RF to R side (1); step ball of LF behind R (2); recover weight forward on the RF and slightly crossing L (&);
- 3,4& $\frac{1}{4}$ turn R stepping back on the LF (3); $\frac{1}{2}$ turn R stepping fwd on the RF (4); step fwd on the LF (&);
- 5,6& Rock fwd on the RF (5); recover weight back onto the LF (6); step back on the RF (&);
- 7,8&a $\frac{1}{4}$ turn L stepping LF to L side (7); Cross RF behind L (8); step LF to L side (&); step fwd on the RF (a);

Part A: 16 counts

[1-7] Step with a hitch, step, L fwd mambo, sweep, R sailor step, behind, side, $\frac{1}{4}$ heel swivels, cross, step with a sweep.

- 1,2&a3 Step fwd on LF with a R hitch (1); step down on RF (2); rock fwd on LF (&); step back on RF (a); step LF slightly behind R and sweep RF round L (3);
- 4&a Cross RF behind L (4); rock LF to L side (&); recover weight to RF (a);
- 5& Cross LF behind R (5); step RF to R side (&);
- 6&a7 Swivel L heel to R (6); swivel R heel to R (making a $\frac{1}{4}$ turn to the L) (&); cross rock LF over R (a); as you recover on the RF sweep LF around R (7);

[8-16&a] Behind, side, cross with a sweep, cross, side, behind sweep $\frac{1}{8}$ th, Rock fwd, back, back with cross hitch, step, fwd $\frac{1}{2}$ turn pivot step, $\frac{3}{8}$ th turn sweep, R sailor fwd

- 8&1 Cross LF behind R (8); step RF to R side (&); cross LF over R while sweeping RF over L (1);
- 2&3 Cross RF over L (2); step LF to L side (&); cross RF behind L whilst sweeping LF $\frac{1}{8}$ th (7.30 wall) tracing circle on floor (should finish with ball of LF touched next to R (3);
- 4&5& Step weight fwd on LF (4); step back on RF (&); step back on LF as you hitch cross the RF heel across the L shin (5); step weight forward on RF (&);
- 6&7 Step fwd LF (6); $\frac{1}{2}$ turn R stepping fwd on the RF (&); $\frac{3}{8}$ th turn R (to face 6.00 wall) stepping back on the LF and sweeping RF behind L (7);
- 8&a1 Cross RF behind L (8); step LF to L side (&); step fwd on the RF (a);

Count 1 will either be the L step forward of part A or the diagonal step forward on the LF of part B

Part B: 32 counts

[1-8] Dorothy steps x2 (L, R), fwd rock, recover, walks back x3 (L, R, L)

- 1,2& Step LF to the L diagonal (1); cross RF behind L (2); step LF to L diagonal (&);
- 3,4& Step RF to the R diagonal (3); cross LF behind L (4); step RF to R diagonal (&);

5,6 L rock forward (5); recover weight back onto RF (6);
&7,8 Step back on LF (&); step back on RF (7); step back on the LF (8);

[9-16] Large step back, together, walk x2, fwd rock, recover, out, out, in, in (travelling back.)

1,2&3,4 Large step back on RF (1,2); step LF together with RF (&); walk R (3); walk L (4);
5,6 Rock forward RF (5); recover weight back onto LF (6);
&7&8 Travelling backwards step RF out to R diagonal (&); step LF out to L diagonal (7); step RF in (&); step LF in (8);

[17-24] Touch fwd, heel swivel, step together, 1/8th L with rocking chair.

1,2,3,4 Touch ball of RF forward (1); twist R heel out (2); twist R heel in (3); step RF together with L (4);
5,6,7,8 Into the L diagonal rock forward on LF (4.30 wall) (5); recover weight back onto RF (6); rock back on the LF (7); recover weight forward onto the RF (8);

[25-32] 1/8th step fwd R, touch L, ¼ side, cross behind, step side, point, 1 ¼ turn.

1,2 1 /8th turn L (to 3.00 wall) step forward on LF (1); touch R toe next to LF (2);
3,4 1 /4 turn L (to 12.00 wall) stepping RF to R side (3); cross LF behind R (4);
5,6,7,8 Step RF to R side (5); point L toe to L side (6); ¼ turn L stepping down on LF (7); ½ turn L stepping back on RF (8);

Complete another ½ L stepping forward on L for count 1 which will either be the L step forward of part A or the diagonal step forward on the LF of part B
