

GET OVER IT

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Count: 48 **Wall:** 2 **Level:** —

Choreographer: Simon Ward

Music: No Time For Tears by Jo Dee Messina

SAILOR SHUFFLE $\frac{1}{4}$ TURN, BACK FORWARD, SHUFFLE FORWARD, FORWARD PIVOT $\frac{1}{2}$

- 1&2** Step left behind right, step right to right starting a $\frac{1}{4}$ turn right, complete $\frac{1}{4}$ turn right stepping slightly back left
- 3-4** Rock/step back right, rock/step forward center left
- 5&6** Step forward right, slide/step left beside right, step forward right
- 7-8** Step forward left, pivot $\frac{1}{2}$ turn right taking weight onto right

FORWARD CORNER, TOUCH BACK, SHUFFLE BACK $\frac{1}{2}$ TURN, REPEAT

- 1-2** Step left forward into right corner, touch right toe back
- 3&4** Step back right-left-right turning $\frac{1}{2}$ turn left (facing opposite corner)
- 5-6** Step left forward, touch right toe back
- 7&8** Step back right-left-right turning $\frac{1}{2}$ turn left (now facing original corner)

STEP FORWARD TO WALL TOUCH, HEEL JACK, SIDE $\frac{1}{4}$ TURN, SHUFFLE $\frac{1}{2}$ TURN

- 1-2** Turn 45 degrees left stepping forward left to face wall, touch ball of right beside left
- &3&4** Step right back, touch left heel forward, step on left, touch ball of right beside left
- 5-6** Rock right to right, rock center left turning $\frac{1}{4}$ turn left
- 7&8** Step forward right, step left next to right turning $\frac{1}{4}$ left, turn $\frac{1}{4}$ left stepping forward right

ROCK FORWARD CENTER, SHUFFLE BACK, ROCK BACK CENTER, SHUFFLE FORWARD

- 1-2** Rock/step forward left, rock/step back center right
- 3&4** Step back left, slide/step right beside left, step back left
- 5-6** Rock/step back right, rock/step forward center left
- 7&8** Step forward right, slide/step left beside right, step forward right

& BACK BACK, SHUFFLE BACK, & FORWARD FORWARD, SHUFFLE FORWARD

- &1-2** Step forward left, step back right, step back left (small but emphasized steps)
- 3&4** Step back right, slide/step left beside right, step back right

&5-6 Step back left, step forward right, step forward left (small but emphasized steps)

7&8 Step forward right, slide/step left beside right, step forward right

& CENTER CROSS/STEP, ½ TURN SIDE RIGHT, KNEE POPS HOLD

&1-2 Rock left to left, weight to center on right, cross/step left over right

3-4 Pivot ½ turn right on balls of feet, step right to right

5-8 Pop knees forward left-right-left, hold

REPEAT

TAG

Unfortunately there is a 4 beat tag which happens at the end of the 2nd wall only. You will understand when danced to the music.

1-4 Pop knees forward right-left-right-left

This dance was a spontaneous thing that I did during a slumber party at the Molkner (Peace Train) residence! I felt like choreographing a dance & I heard this song on their stereo. The rest is history. Don't let the tag put you off, as it is worth dancing, & feels great to do.