

Get over you

time: 3.15 intermediate

music: by Sophie Ellis-Bextor, CD Die Aktuellen Radiohits / Hit Breaker1.03, 0321620
choreo: Mia Ruf Bahnhofstr.8 D 87665 Mauerstetten, 08341/9602341
for 7th ECTA Clogging Convention /2003 mia.ruf@ECTA.de
intro: wait 16 beats , start with the left foot
sequence: **Intro A B C Intro A B C Intro 1/2A D C Intro Intro Ending**

Intro

4 x Side Touch S (os) S(xib) S (os) Tch *move left and right*
L R L R *Arms move in front*
1 2 3 4

Part A

Synco Flap DS Flap(os) R S Flap(os) R S
L L R L L R L
&1 & 2 & 3 & 4
Burton Swtich DS DS DT Ba/H(if) BA/H(if) up/H
R L R R / L L /R R/L
&1 &2 & 3 & 4
My Way Sto DT Ba(xif) Ba(xib) Ba Ba(xif) Ba/H(if)
R L R L R L/R
1 & 2 & 3 & 4
pa Sl DS R S slur(1/2 right) Up/H *turn to back*
L R L R L L/R
& 5 &6 & 7 & 8

repeat all above and turn to front

Part B

2 Outhouse DS R(os)S R(if) S R(os) S *diagonally left forward*
L R L R L R L
&1 & 2 & 3 & 4
1 Fancy double DS DS RS RS *move back*
L R LR LR
1 Stomp double Sto DS DS RS
L R L RL

Repeat 2 Outhouse and Fancy Double *with right foot diag.forw.&back*

Add 1 Joey DS Ba(xib) Ba(os) Ba(os) Ba(xib) Ba(os) S
R L R L R L R
&1 & 2 & 3 & 4

Part C (Go...)

Cross Touches S(xif) Tch S(xif) Tch S(xif) Tch S(xif) Tch
L R R L L R R L
1 2 3 4 5 6 7 8
2 crazy legs SL S(Xib) SL S(xib) SL S(xib) RS *repeat with left foot*
R L L R R L RL
& 1 & 2 & 3 &4

repeat all above

Part D (you look to back)

1 vine eight DS DS(xif) DS DS(xib)DS DS(xif) DS RS
L R L R L R L RL
1 Rocking Chair DS Br up/H (1/2 right) DS RS *turn to front*
R L L/R R LR
1 Mc Namara H(if) Ba Ba(xib) Ba(os) H(if) Ba S
R R L R L L R
1 & 2 & 3 & 4
Cross Touches S(xif) Tch S(xif) Tch S(xif) Tch S(xif) Tch
L R R L L R R L
2 Stomp double Sto DS DS RS *move back ,*
L R L RL

Repeat Cross Touches and 2 Stomp double

Ending *turn ¼ left, Step (if) head and arm to front like STOP*