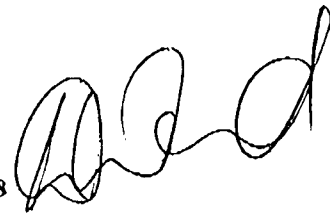


GET OVER IT
SONG: NO TIME FOR TEARS, BY JO DEE MESSINA
ALBUM: I'M ALRIGHT
CHOREOGRAPHED BY: SIMON WARD AUSTRALIA JULY 98
STEP DESCRIPTION: 48 COUNT TWO WALL LINEDANCE



1-8 SAILOR SHUFFLE 1/4 TURN, BACK FWD, SHUFFLE FWD, FWD PIVOT 1/2

- 1&2 STEP L BEHIND R, STEP R TO R STARTING A 1/4 TURN R, COMPLETE
1/4 TURN R STEPPING SLIGHTLY BACK L
- 3-4 ROCK/STEP BACK R, ROCK/STEP FWD CENTRE L
- 5&6 STEP FWD R, SLIDE/STEP L BESIDE R, STEP FWD R
- 7-8 STEP FWD L, PIVOT 1/2 TURN R TAKING WEIGHT ONTO R

9-16 FWD CNR TOUCH BACK, SHUFFLE BACK 1/2 TURN, REPEAT

- 1-2 STEP L FWD INTO R CORNER, TOUCH R TOE BACK
- 3&4 STEP BACK R,L,R TURNING 1/2 TURN L (FACING OPPOSITE CORNER)
- 5-6 STEP L FWD, TOUCH R TOE BACK
- 7&8 STEP BACK R,L,R TURNING 1/2 TURN L (NOW FACING ORIGINAL CORNER)

17-24 STEP FWD TO WALL TOUCH, HEEL JACK, SIDE 1/4 TURN, SHUFFLE 1/2 TURN

- 1-2 TURN 45 DEG L STEPPING FWD L TO FACE WALL, TOUCH BALL OF R BESIDE L
- &3&4 STEP R BACK, TOUCH L HEEL FWD, STEP ON L, TOUCH BALL OF R BESIDE L
- 5-6 ROCK R TO R, ROCK CENTRE L TURNING 1/4 TURN L
- 7&8 STEP FWD R, STEP L NEXT TO R TURNING 1/4 L, TURN 1/4 L STEPPING FWD R

25-32 ROCK FWD CENTRE, SHUFFLE BACK, ROCK BACK CENTRE, SHUFFLE FWD

- 1-2 ROCK/STEP FWD L, ROCK/STEP BACK CENTRE R
- 3&4 STEP BACK L, SLIDE/STEP R BESIDE L, STEP BACK L
- 5-6 ROCK/STEP BACK R, ROCK/STEP FWD CENTRE L
- 7&8 STEP FWD R, SLIDE/STEP L BESIDE R, STEP FWD R

&33-40 & BACK BACK, SHUFFLE BACK, & FWD FWD, SHUFFLE FWD

- &1-2 STEP FWD L, STEP BACK R, STEP BACK L (SMALL BUT EMPHASISED STEPS)
- 3&4 STEP BACK R, SLIDE/STEP L BESIDE R, STEP BACK R
- &5-6 STEP BACK L, STEP FWD R, STEP FWD L (SMALL BUT EMPHASISED STEPS)
- 7&8 STEP FWD R, SLIDE/STEP L BESIDE R, STEP FWD R

&41-48 & CENTRE CROSS/STEP, 1/2 TURN SIDE R, KNEE POPS HOLD

- &1-2 ROCK L TO L, WEIGHT TO CENTRE ON R, CROSS/STEP L OVER R
- 3-4 PIVOT 1/2 TURN R ON BALLS OF FEET, STEP R TO R
- 5-8 POP KNEES FWD L,R,L, HOLD

RESTART

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 FWD R,L,R,L

CHOREOGRAPHERS NOTE: THIS DANCE WAS A SPONTANEOUS THING THAT I DID DURING A SLUMBER PARTY AT THE MOKNER (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. I HOPE YOU ENJOY IT !