

# THERE'S NO GETTING OVER ME

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I-tunes SPEED: As downloaded TIME: 3:16 WRITTEN: May 18, 2019

PHASE: RAL IV CHA CHA

FOOTWORK: Directions for Men except as noted

SEQUENCE: INTRO-ABC-INTERLUDE-D-A-ENDING

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## MEAS

## INTRO: (4 MEAS)

### 1 - 4 WAIT;; CUCA W/BFLY ARM SWEEPS 2X;;

1-2 In high BFLY POS fcing WALL wait;;

3-4 Sd L, rec R, cl L/in plc R, L [BFLY ARM SWEEP: BFLY ARMS jnd overhead & make a circ to your midsection] ; Sd R, rec L, cl R/in plc L, R [BFLY REV ARM SWEEP: BFLY ARMS still jnd & make a circ to your starting POS];

## PART A (16 MEAS)

### 1 - 4 CHASE to BFLY;;;;

1-2 Fwd L to R/FC trn 1/2, rec R, fwd L/cl R, fwd L (*W Bk R no trn, rec L, fwd R/cl L, fwd R*); Fwd R to L/FC trn 1/2, rec L, fwd R/cl L, fwd R (*W Fwd L to R/FC trn 1/2, rec R, fwd L/cl R, fwd L*);

3-4 Fwd L, rec R, bk L/cl R, bk L (*W Fwd R to L/FC trn 1/2, rec L, fwd R/cl L, fwd R*); Bk R, rec L, fwd R/cl L, fwd R (*W Fwd L no trn, rec R, bk L/cl R, bk L*) to BFLY;

### 5 - 8 SHLDR to SHLDR 2X;; FENCELINE 2X;;

5-6 In BFLY fwd L to BFLY/SCAR, rec R to FC, sd L/cl R, sd L (*W In BFLY bk R to BFLY/SCAR, rec L to FC, sd R/cl L, sd R*); In BFLY bk R to BFLY/BJO, rec L to FC, sd R/cl L, sd R (*W In BFLY bk L to BFLY/BJO, rec R to FC, sd L/cl R, sd L*);

7-8 In BFLY X lunge thru L, rec R to FC, sd L/cl R, sd L; In BFLY X lunge thru R, rec L to FC, sd R/cl L sd R;

### 9 - 12 NYERS 2X to OP/LOD;; CIRC AWY & TOG to FC/BFLY;;

9-10 SWVL thru L to LOP/RLOD, rec R to FC/BFLY WALL, sd L/cl R, sd L; SWVL thru R to OP/LOD, rec L to BFLY/WALL, sd R/cl L, sd R;

11-12 CIRC AWY from ptr fwd L, fwd R, fwd L/cl R, fwd L trn to FC ptr; Cont circ twd ptr fwd R, fwd L, fwd R/cl L, fwd R to FC in BFLY/WALL;

### 13 - 16 FWD & BK BASIC;; HND to HND 2X to FC;;

13-14 Rk fwd L, rec R, bk L/cl R, bk L (*W Bk R, rec L, fwd R/cl L, fwd R*); Bk R, rec L, fwd R/cl L, fwd R (*W Fwd L, rec R, bk L/cl R, bk L*);

15-16 SWVL 1/4 bhd Lib of R, rec R to FC, sd L/cl R, sd L; SWVL 1/4 bhd Rib of L, rec L to FC, sd R/cl L, sd R to FC;

**PART B (8 MEAS)****1 - 8 CHASE PEEK-A-BOO DOUBLE to BFLY/WALL;:::;**

- 1-2 Release hnds fwd L trng R/FC 1/2, rec R, fwd L/cl R, fwd L (*W Bk R, rec L, fwd R/cl L, fwd R*);  
Sd R peek over L shldr, rec L, cl R/in plc L, in plc R (*W Sd L, rec R, cl L/in plc R, in plc L*);
- 3-4 Sd L peek over R shldr, rec R, cl L/in plc R, in plc L (*W Sd R, rec L, cl R/in plc L, in plc R*);  
Fwd R trng 1/2 L/FC, rec L, fwd R/cl L, fwd R (*W Fwd L trng 1/2 R/FC, rec R, fwd L/cl R, fwd L*);
- 5-6 Sd L, rec R, cl L/in plc R, in plc L (*W Sd R peek over L shldr, rec L, cl R/in plc L, in pl R*);  
Sd R, rec L, cl R/in plc L, in plc R (*W Sd L peek over R shldr, rec R, cl L/in plc R, in plc L*);
- 7-8 Fwd L, rec R, bk L/cl R, bk L (*W Fwd R trng 1/2 L/FC to FC ptr, rec L, fwd R/cl L, fwd R*); Bk R,  
rec L, fwd R/cl L, fwd R (*W Fwd L, rec R, bk L/cl R, bk L*) to end in BFLY/WALL;

**PART C (12 MEAS)****1 - 4 CRAB WALKS 2X;; BASIC;;**

- 1-2 In BFLY XLif of R, sd R, XLif of R/sd R, XLif of R (*W XRif of L, sd L, XRif of L/sd L, XRif of L*): Sd R,  
XLif of R, sd R/cl L, sd R (*W Sd L, XRif of L, sd L, cl R, sd L*);
- 3-4 Fwd L, rec R, sd L/cl R, sd L (*W Bk R, rec L, sd R/cl L, sd R*); Bk R, rec L, sd R/cl L, sd R (*W Fwd L,*  
*rec R, sd L/cl R, sd L*);

**5 - 8 CHASE W/UNDARM PASS to BFLY;; FENCELINE 2X;;**

- 5-6 Fwd L commence 1/2 R/FC to FC/COH keeping ld hnds jnd, rec fwd R, fwd L/cl R, fwd L (*W Bk R*  
*keeping ld hnds jnd, rec L, fwd R/cl L, fwd R twds M L sd*); Bk R raising jnd ld hnds leading W  
to trn L/FC, rec L, small sd R/cl L, small R (*W Fwd L, fwd R trng 1/2 L/FC und jnd ld hnds to FC*  
*ptr, small sd L/cl R, small sd L*);
- 7-8 In BFLY X lunge thru XLif of R (*W X Rif of L*) twd LOD, rec R to FC ptr, stp sd L/cl R, sd R;  
X lunge thru XRif of L (*W XLif of R*) twd RLOD, rec sd R/cl L, sd R;

**9 - 12 CIRC AWY & TOG to OP/LOD;; KIKI WALKS 2X to FC/WALL;;**

- 9-10 Circ awy from ptr twd COH (*W Circ twd WALL*) fwd L, fwd R, fwd L/cl R, fwd L trn to FC ptr;  
Circ twd ptr & WALL (*W Circ twd COH*) fwd R, fwd L, fwd R/cl L, fwd R to OP/LOD;
- 11-12 In OP/LOD fwd L, fwd R, fwd L/cl R, fwd L; Fwd R, fwd L, fwd R/cl L trng R/FC to FC ptr &  
WALL;

**INTERLUDE (6 MEAS)****1 - 4 TIMES STEPS 2X to end W/HNDS ON HIPS;; CHA CHA HIP ROCKS 2X to BFLY;;**

- 1-2 XLib of R, rec R, sd L/cl R, sd L; XRib of L, rec L, sd R/cl L, sd R to end W/Hnds on hips;
- 3-4 Hnds on hips rk sd L rolling hips, rk sd R rolling hips, in plc L/R/L; Hnd still on hips  
rk sd R rolling hips, rk sd L rolling hips, in plc R/L/R to BFLY;

**5 - 6 TRAVELING DOOR 2X to BFLY;;**

- 5-6 Rk sd L twd LOD, rec R, XLif of R/sd R, XLif or R; Rk sd R twd RLOD, rec L, XRif of L/sd L,  
XRif of L to BFLY;

**PART D (8 MEAS)****1 - 4 HALF BASIC to a FAN;; HOCKEYSTICK;;**

1-2 Rk fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R (W Fwd L, sd R trng 1/4 L/FC to FC/RL0D, bk L/lk Rif of L, bk L) to end in Fan Pos M Fcng WALL (W Fcng RL0D);

3-4 Fwd L, rec R, in plc L/R/L (W Cl R, fwd L, fwd R/cl L, fwd R); Bk R, rec L, fwd R/cl L, fwd R ending diag RL0D & WALL (W Fwd L, fwd R trng L/FC to FC ptr, bk L/cl R, bk L on a diag);

**5 - 8 ALEMANA to a LARIAT;;;**

5-6 Rk fwd L, rec R, bk L/cl R, small bk L ld W to trn R/FC (W Bk R, rec L, fwd R/cl L, fwd R commence R/FC trn); Bk R, rec L, sd R/cl L, sd R (W Cont R/FC trn und jnd ld hnds fwd L, cont R/FC trn fwd R, sd L/cl R, sd L);

7-8 Stp in plc L, R, L/R, L (W Circ M clockwise w/jnd ld hnds fwd R, fwd L, fwd R/cl L, fwd R); Stp in plc R, L, R/L/R (W fwd L, fwd R, fwd L/cl R trng to FC ptr, sd L);

**REPEAT PART A (16 MEAS ENDING in a R HND SHAKE)****1 - 16 CHASE to BFLY;;; SHLDR to SHLDR 2X;; FENCELINE 2X;; NYers 2X to OP/LOD;; CIRC AWY & TOG to FC/BFLY;; FWD & BK BASIC;; HND to HND 2X;;****ENDING (10 MEAS)****1 - 4 OP HIP TWIST to a FAN;; HOCKEYSTICK to BFLY;;**

1-2 Check fwd L, rec R, small bk L/cl R, bk L (W Rk bk R, rec L, fwd R/cl L, fwd R swivel 1/4 R/FC on R); Bk R, rec L, sd R/cl L, sd R (W Fwd L, fwd R trng L/FC 1/2, bk L/cl R, bk L);

3-4 REPEAT PART D MEAS 3-4;;

**5 - 8 FENCELINE 2X;; BASIC;;**

5-6 REPEAT PART A MEAS 5-6;;

7-8 REPEAT PART B MEAS 7-8;;

**9 - 10- NYer to RL0D to an AIDA & HOLD W/EXTENSION;;**

9-10 Trng to LOP thru L, rec R to FC/LOD, fwd L/cl R, fwd L; Fwd R trng R/FC, sd L cont R/FC trn, bk R/lk Lif of R, bk R (W Fwd L trng L/FC, sd R cont L/FC trn, bk L/lk Rif of L, bk L) with trail arms awy & up;