

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

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 to LOP/RLD, rec R to FC/BFLY WALL, sd L/cl R, sd L; SWVL thru to OP/LOD, rec L to BFLY/WALL, sd R/cl L, sd R;

11-12 Circ awy from ptr fwd L/FC trn 1/4, 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 plc 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 COH;; 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 XRif 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 CHASE W/UNDARM PASS to BFLY WALL;; NYERS 2X;;

- 9-10 Fwd L commence 1/2 R/FC to FC/WALL 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*);
- 11-12 REPEAT PART C MEAS 9-10;;

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 of 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 jn 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;;(TO A R HND SHAKE)****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 7-8;;
 7-8 REPEAT PART C MEAS 3-4;;

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 R*) with trail arms awy & up;