

# ON YER BIKE

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**Count:** —                      **Wall:** 2                      **Level:** intermediate

**Choreographer:** Maria Louise Gill

**Music:** Get Over You by Sophie Ellis Bextor

**Sequence:** ABA, C, ABA, C, BABA

## PART A

### ROCK FORWARD, RECOVER, COASTER STEP, SHUFFLE, KICK BALL CHANGE

- 1-2            Rock right foot forward, recover weight onto left foot
- 3&4           Step right foot back, step left foot beside right, step right foot forward
- 5&6           Step left foot forward, step right foot beside left, step left foot forward
- 7&8           Kick right foot forward, step right foot beside left, step left foot beside right

### STEP POINT, STEP POINT, FULL TURN, CHASSE

- 1-2            Step right foot to right side, point left toe behind right foot
- 3-4            Step left foot to left side, point right toe behind left foot
- 5-6            Step right foot to right side as you ½ turn right, step left foot to left side as you ½ turn right
- 7&8            Step right foot to right side, step left foot beside right, step right foot to right side

### ROCK FORWARD, RECOVER, COASTER STEP, SHUFFLE, KICK BALL CHANGE

- 1-2            Rock left foot forward, recover weight onto right foot
- 3&4            Step left foot back, step right foot beside left, step left foot forward
- 5&6            Step right foot forward, step left foot beside right, step right foot forward
- 7&8            Kick left foot forward, step left foot beside right, step right foot beside left

### STEP POINT, STEP POINT, FULL TURN, CHASSE

- 1-2            Step left foot to left side, point right toe behind left foot
- 3-4            Step right foot to right side, point left toe behind right foot
- 5-6            Step left foot to left side as you ½ turn left, step right foot to right side as you ½ turn left
- 7&8            Step left foot to left side, step right foot beside left, step left foot to left side

## PART B

## **HEEL GRIND WITH ¼ TURN, COASTER STEP, WALK, SHUFFLE**

- 1-2** Grind right heel into the floor as you ¼ turn right, step left foot back
- 3&4** Step right foot back, step left foot beside right, step right foot forward
- 5-6** Step left foot forward, step right foot forward
- 7&8** Step left foot forward, step right foot beside left, step left foot forward

## **MAMBO FORWARD, MAMBO BACK, PIVOT TURN, PIVOT TURN TOUCH**

- 1&2** Rock right foot forward, recover weight onto left foot, step right foot beside left
- 3&4** Rock left foot back, recover weight onto right foot, step left foot beside right
- 5-6** Step right foot forward, pivot ½ turn onto left foot
- 7&8** Step right foot forward, pivot ½ turn onto left foot, touch right toe beside left

## **SIDE ROCK, RECOVER, SAILOR CROSS, SIDE ROCK, RECOVER, SAILOR CROSS ¼ TURN**

- 1-2** Rock right foot to right side, recover weight onto left foot
- 3&4** Step right foot behind left, step left foot to left side, step right foot in front of left
- 5-6** Rock left foot to left side, recover weight onto right foot
- 7&8** Step left foot behind right, step right foot to right side as you ¼ turn right, step left foot forward

## **PIVOT TURN, PIVOT TURN, FAN HEELS, FORWARD POINTS**

- 1-2** Step right foot forward, pivot ½ turn onto left foot
- 3-4** Step right foot forward, pivot ½ turn onto left foot
- 5&** Touch right toe next to instep of left (with heel facing out and knee facing in), step right foot beside left
- 6&** Touch left toe next to instep of right (with heel facing out and knee facing in), step left foot beside right
- 7&8&** Point right toe forward, step right foot beside left, point left toe forward, step left foot beside right

## **PART C**

### **CROSS ROCK, RECOVER, SHUFFLE ½ TURN, LOCK STEP, LOCK SHUFFLE (TRAVELING DIAGONALLY LEFT)**

- 1-2** Rock right foot across in front of left, recover weight onto left foot

- 3&4** Step right foot forward as you ½ turn right, step left foot beside right, step right foot forward
- 5-6** Step left foot forward, lock right foot behind left
- 7&8** Step left foot forward, lock right foot behind left, step left foot forward

**Counts 3 to 8 travel diagonally left**

**CROSS ROCK, RECOVER, CHASSE, CROSS ROCK & RECOVER X 3, STEP**

- 1-2** Rock right foot across in front of left, recover weight onto left foot
- 3&4** Step right foot to right side, step left foot beside right, step right foot to right side
- 5&** Rock left foot across in front of right, recover weight onto right foot
- 6&** Rock left foot back to left diagonal, recover weight onto right foot
- 7&8** Rock left foot across in front of right, recover weight onto right foot, step left foot beside right