

In Out and in Between

Count: 64

Wall: 2

Level: Easy Intermediate

Choreographer: Kate Damgaard (DK) - May 2021

Music: The Cowboy Rides Away - Ronnie Dunn : (Album: Re-Dunn iTunes)



Intro: 32 counts

Restart: Wall 3 after 32 counts (12:00) ... Right after the instrumental part

Section 1: R walk fwd fwd rock, walk back back back rock

1,2,3,4 R walk fwd, L walk fwd, R rock fwd, L recover

5,6,7,8 R walk back, L walk back, R rock back, L recover

Section 2 : R step, tap, step, hook, R step, tap, step, touch

1,2,3,4 R step fwd, L tap behind, L step back, R hook i.f.

5,6,7,8 R step fwd, L tap behind, L step back, R touch beside

Section 3: R side touch side, R cross rock side, L cross side.

1,2, 3,4 R side, L touch, L side, R cross i.f.,

5,6,7,8 L recover, R side, L cross i.f, R side (Count 8 starts figure 8)

Section 4: Figure 8, cross

1,2,3,4 L behind (1), R step 1/4 right (2), L step turn 3/4 right (3&4),

5,6,7,8 L step side (5), R cross behind (6), L step side (7), R cross i.f. (8) *** RESTART*** wall 3

(Restart: Replace the cross with a touch, count 8, wall 3)

Section 5: L side rock, 1/4 turn, L side rock, L cross i.f, R step side, L back rock

1,2,3,4 L step side, R recover, Turn 1/4 right stepping L side, R recover

5,6,7,8 L cross i.f., R step side, L step back, R recover

Section 6: L walk, brush, R walk, brush, jazzbox 1/4 left, R brush

1,2,3,4 L walk fwd, R brush, R walk fwd, L brush

5,6,7,8 L cross i.f., R step back turning 1/4 left, L step side, R brush

Section 7: R mambo 1/2 turn right, step fwd, diagonally fwd, touch, diagonally back, cross i.f.

1,2,3,4 R step fwd, L recover, turn 1/2 right stepping R fwd, L step fwd

5,6,7,8 R step fwd (7:30), L touch, L step back (1:30), R cross i.f.

Section 8: L back, back, cross i.f, back, coasterstep brush

1,2, 3,4 L step back (1:30), R step back, L cross i.f., R step back (10:30)

5,6,7,8 L step back, R together, L step fwd, R brush

Last Update - 29 July 2021