

# In Or Out

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver  
编舞者: Dwight Meessen (NL) & José Miguel Belloque Vane (NL) - March 2017  
音乐: In or Out - Elina Born : (Album: In Or Out)



## **1/8 R Walk Fwd, Walk Fwd, 1/4 L Heel Toe Swivel, 1/4 L Heel Swivel, Fwd, 1/2 L Back, 1/2 L Shuffle Fwd**

1-2      RF 1/8 right step forward, LF step forward  
3&4      RF 1/4 left step beside and swivel heels right, R+L swivel toes right, R+L 1/4 left swivel heels right  
5-6      LF small step forward, RF 1/2 left step back  
7&8      LF 1/2 left step forward, RF step beside, LF step forward [7.30]

## **Cross, Sweep/Point Across, Sweep 1/8 L Coaster, Pivot 1/2 L, Cross Samba**

1-2      RF cross over, LF sweep and point across  
3&4      LF 1/8 left sweep and step back, RF together, LF step forward  
5-6      RF step forward, R+L 1/2 turn left  
7&8      RF cross over, LF rock side, RF recover [12]

## **Cross, Side, Sailor Into Heel Ball Cross, 1/4 R Back, Shuffle 1/2 R**

1-2      LF cross over, RF step side  
3&      LF cross behind, RF step beside  
4&5      LF dig heel left forward, LF step beside on ball foot, RF cross over  
6      LF 1/4 right step back  
7&8      RF 1/4 right step side, LF step beside, RF 1/4 right step forward [9]

## **Rock Fwd, Recover, Shuffle 1/2 L, Pivot 1/2 L, Kick Ball Change**

1-2      LF rock forward, RF recover  
3&4      LF 1/4 left step side, RF step beside, LF 1/4 left step forward  
5-6      RF step forward, R+L 1/2 turn left  
7&8      RF kick forward, RF step beside on ball foot, LF step beside [9]

## **Start again**

### **TAG: After the 3rd wall [6]:**

#### **Rocking Chair**

1-4      RF rock forward, LF recover, RF rock back, LF recover

Contact ~ Email: [jose\\_nl@hotmail.com](mailto:jose_nl@hotmail.com) & [dwightmeessen@hotmail.com](mailto:dwightmeessen@hotmail.com)