

# Get In or Get Out

COPPERKNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: High Improver  
编舞者: Maggie Gallagher (UK) - September 2022  
音乐: Get In or Get Out - Sarah Lake : (Amazon & iTunes)



**Intro: 8 counts, start on vocals**

## **S1: STEP, KICK BALL CHANGE, WALK, ROCK, RECOVER, BACK SHUFFLE**

1                      Step forward on right  
2&3-4                Kick left forward, Step down on left next to right, Step forward on right, Walk forward on left  
5-6                    Rock forward on right, Recover on left  
7&8                    Step back on right, Step left next to right, Step back on right

## **S2: ½ SHUFFLE, ¼ SIDE ROCK, RECOVER, BEHIND SIDE CROSS, POINT, HOLD &**

1&2                    ¼ left stepping left to left side, step right next to left, ¼ left stepping forward on left [6:00]  
3-4                    ¼ left rocking right to right side, Recover on left [3:00]  
5&6                    Cross right behind left, Step left to left side, Cross right over left  
7-8&                   Point left to left side, HOLD, Step left next to right

**\*Restart Wall 3, \*\*Tag & Restart Wall 9**

## **S3: ROCK, RECOVER, & HEEL & HEEL &, ROCK, RECOVER, ¼ CHASSE L**

1-2                    Rock forward on right, Recover on left  
&3&                    Step right next to left, Touch left heel forward, Step left next to right  
4&                    Touch right heel forward, Step right next to left  
5-6                    Rock forward on left, Recover on right  
7&8                    ¼ left stepping left to left side, Step right next to left, Step left to left side [12:00]

## **S4: CROSS, ¼, COASTER STEP, WALK, ½, SHUFFLE ½**

1-2                    Cross right over left, ¼ right stepping back on left [3:00]  
3&4                    Step back on right, Step left next to right, Step forward on right  
5-6                    Walk forward on left, ½ left stepping back on right [9:00]  
7&8                    ½ left stepping forward on left, Step right next to left, Step forward on left [3:00]  
**(Alternative steps for 6-7&8: Walk forward on right, L shuffle forward [3:00])**

**\*RESTART: Wall 3 starts facing [6:00]. Dance 16& counts then restart the dance facing [9:00]**

**TAGS: At the end of Wall 5 facing [3:00] and Wall 8 facing [12:00], dance the 8 count Tag:**

## **ROCK, RECOVER, R COASTER STEP, ROCK, RECOVER, L COASTER STEP**

1-2                    Rock forward on right, Recover on left  
3&4                    Step back on right, Step left next to right, Step forward on right  
5-6                    Rock forward on left, Recover on right  
7&8                    Step back on left, Step right next to left, Step forward on left

**\*\*TAG & RESTART: Wall 9 starts facing [12:00]. Dance 16& counts, then do the 4 count tag facing [3:00]:**

## **STOMP R, HOLD, STOMP L, HOLD**

1-2                    Stomp R forward, HOLD  
3-4                    Stomp L forward, HOLD

**Then Restart the dance facing [3:00]**

**ENDING: Wall 12 starts facing [9:00]. Complete Wall 12, then stomp forward on right to finish facing [12:00]**

Thank you to Margaret Hains for suggesting the music

This dance was choreographed for Karin Müntener for her first event in Switzerland

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