

# Outta My Heart (Get Out!)

COPPERKNOB  
STEPSHEETS

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Johanna Barnes (USA) - April 2013  
音乐: Get Out - Casey Abrams



(16 count intro)

[1~8]: L ROCK-RECOVER, WEAVE R, R ROCK-RECOVER, WEAVE L

1            L rock to left side (swing/roll hip left)  
2            recover weight R  
3            L step behind R  
&            R step to right side  
4            L step across R  
5            R rock to right side (swing/roll hip right)  
6            recover weight L  
7            R step behind L  
&            L step to left side  
8            R step across L

[9~16]: L FWD ROCK-RECOVER, ½ SAILOR-STEP L, R KICK-BALL-STEP, R TRIPLE FWD

1            L rock forward  
2            recover weight back to R  
3            L low swing ½ left, stepping behind R (6:00)  
&            R step slightly right  
4            L step slightly left and forward  
5            R kick forward  
&            R step ball of foot slightly back  
6            L small step forward  
7            R step forward  
&            L step behind (lock) R  
8            R step forward

[17~24]: L CROSS, ¾ PIVOT R, ¼ BACK L LOCK, R ROCK-RECOVER, R ROCK ¼ CROSS

1            L cross over R  
2            ¾ turn right, weight R (3:00)  
3            L step back an 1/8 right  
&            R step across L and 1/8 right (face 6:00)  
4            L step back  
5            R rock back  
6            recover weight forward onto L  
7            R step forward  
&            turn ¼ left, weight L (face 3:00)  
8            R step across L (this puts your hips on an angle facing 1:00)

[25~32]: LEFT FWD COASTER STEP, R BACK COASTER STEP, 4-1/2 TURNS R (OR 4 WALKS)

&            L step forward (to 1:00)  
1            R step forward next to L (take weight R)  
2            L step back  
3            R step back  
&            L step back next to R (take weight L)  
4            R step forward (prep)

(\*The next 4 counts head toward 1:00)

- 5                    ½ turn right, stepping back onto L
- 6                    ½ turn right, stepping forward onto R
- 7                    ½ turn right, stepping back onto L
- 8                    ½ turn right, stepping forward onto R

**\*Try variations for these last 4 counts based on the timing of the music:**

Walk L, R, L, R

Do first 2- ½ turns then walk L, R or

Walk L, R, then to 2- ½ turns, or

Double time walks, or

2, 2 count ½ turns on 5th phrase

Groove with your knees and/or shoulders!

**[33~39 &]: L CROSS-BACK STEP, R CROSS-BACK STEP, DOUBLE TIME CROSS ROCK-SIDE (L, R)**

- 1                    L step across R
- &                    R step back, squaring up to 12:00
- 2                    L step back and slightly out to L
- 3                    R step across L
- &                    L step back
- 4                    R step back and slightly out to R
- 5                    L rock forward and across R
- &                    return weight to R
- 6                    L step to left side
- &                    R rock forward and across L
- 7                    return weight to L
- &                    R step to right side

**[40~48]: L CROSS SHUFFLE R, R ROCK SIDE-RECOVER, ½ TURN-WEAVE, SWAYS OR STEP-TOUCHES, TOGETHER (&)**

- 8                    L step across R
- &                    R step slightly to right side
- 1                    L step across R
- 2                    R rock out to right side
- 3                    return weight to L
- 4                    R step behind L
- &                    ¼ turn left, forward onto L
- 5                    \* ¼ turn left stepping R to right side, sway right (face 6:00)
- 6                    sway hips/weight left
- 7                    sway hips/weight right
- 8                    sway hips/weight left
- &                    step R next to L

**\*Alternately, on faster parts of music, (as in phrases 2, 4, 5, and 6),**

- 5                    ¼ turn left, stepping onto R
- &                    touch L toes next to R
- 6                    step L to left side
- &                    touch R toes next to L
- 7                    step R to right side
- &                    touch L toes next to R
- 8                    step L to left side
- &                    step R next to L

**(BEGIN AGAIN, and most certainly DWYF!)**

This step description is intended to be a guideline.

Dance demos and visual references may be found on the DanceWhatYouFeel YouTube channel.

<http://www.youtube.com/user/DanceWhatYouFeel>

Contact: [Johanna@dancewhatyoufeel.com](mailto:Johanna@dancewhatyoufeel.com) ~ [www.dancewhatyoufeel.com](http://www.dancewhatyoufeel.com) ~ 203.464.5322

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