

Get In or Get Out

拍數: 32 牆數: 4 級數: High Improver
編舞者: Maggie Gallagher (UK) - September 2022
音樂: 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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