

# Out And In

拍數: 32      牆數: 4      級數: Improver  
編舞者: Louis James Sequeira (SG)  
音樂: The Only Way Out - Cliff Richard



---

## ROCK RECOVER, SIDE SHUFFLE TO RIGHT, ROCK RECOVER, SIDE SHUFFLE TO LEFT

1-2      Step right across left and rock diagonally forward, recover weight on left  
3&4      Side shuffle right - step side right, close left beside right, step side right  
5-6      Step left across right and rock diagonally forward, recover weight on right  
7&8      Side shuffle left- step side left, close right beside left, step side left

## HIPS BUMP FORWARD

1&2      Step right forward, bumping hips-forward, back, forward  
3&4      Step forward left, bumping hips- forward, back, forward  
5&6      Step right forward, bumping hips-forward, back, forward  
7&8      Step forward left, bumping hips- forward, back, forward

## SIDE TOGETHER, SIDE SHUFFLES RIGHT, SIDE TOGETHER, SIDE SHUFFLES LEFT

1-2      Step right to right, close left beside right  
3&4      Side shuffles right- step right to right, close left beside right, step right to right  
5-6      Step left to left, close right beside left  
7&8      Side shuffles left-step left to left, close right beside left, step left to left

## JAZZ BOX QUARTER RIGHT TURN, RIGHT KICK BALL CHANGES

1-2-3-4      Cross right over left, step left behind right, turning  $\frac{1}{4}$  to right stepping right beside left, step left beside right  
5&6      Kick right forward, step right beside left, step left in place  
7&8      Kick right forward, step right beside left, step left in place

## REPEAT

## TAG

On reaching 4th wall, repeat last 4 counts and start the dance again still on 4th wall

---