

# Get Out

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Katja Østerby (DK) - December 2012  
音樂: One Thing - One Direction : (Single)



**Intro: 8 counts (start on lyrics)**

**Side rock, behind side cross, side rock, sailor step**

1-2            Rock right foot to right side(1), recover weight onto Left(2)  
3&4           cross Right behind Left(3), step Left to left side(&), cross Right foot in front of left(4)  
5-6           rock left foot to left side(5), recover weight onto right(6)  
7&8           Cross Left Behind Right(7), Step Right to Right Side(&), Step Left to Left Side(8)

**Kick ball step x2, step forward, pivot ½ Turn, side chassè**

1&2           Kick right foot forward(1), step Right next to left(&), step forward on left(2)  
3&4           Kick right foot forward(3), step Right next to left(%), step forward on left(4)  
5-6           Step forward on right(5), Pivot ½ turn left(6)  
7&8           Step right to right side(7), step left next to right(&), step right to right side(8)

**Cross, side, sailor step, cross, side sailor ¼ turn**

1-2           Cross left over Right(1), step right to right side(2)  
3&4           Cross Left Behind Right(3), Step Right to Right Side(&), Step Left to Left Side(4)  
5-6           Cross right over Left(5), step left to left side(6)  
7&8           Cross Right Behind Left Turning ¼ Turn Right(7), Step Left to Left Side(&), Step Right to Right Side(8)

**Point forward, hold x2, rock forward, big step back, touch**

1-2           Point Left foot forward(1), hold(2)  
&3-4          Step left next to right(&), point right foot forward(3), hold(4)  
&5-6          Step right next to left(&), rock left foot forward(5), recover onto right(6)  
7-8           take a big step back on left foot(7), touch right foot next to left(8)

**Restarts: on walls 5 and 11: dance up to count 16, weight will be on the right, close left beside right on the (and) count and start from the beginning.**

**Tag: end of wall 9 (you will be facing 6 o' clock): as you end the dance take weight onto right on count 32, then repeat the last 8 counts of the dance.**

**Ending: as you end the dance on wall 13 (you will be facing 3 o'clock) take weight onto right on count 32 and do the ending:**

**Point forward, hold x2, rock forward, ¼ turn**

1-2           Point Left foot forward(1), hold(2)  
&3-4          Step left next to right(&), point right foot forward(3), hold(4)  
&5-6          Step right next to left(&), rock left foot forward(5), recover onto right(6)  
7              make ¼ turn left stepping left to left side(7)

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