

# Outta My Heart (Get Out!)

COPPERKNOB  
STEPSHEETS

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Johanna Barnes (USA) - April 2013  
音樂: 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

---