

GET IN OR GET OUT

Count: 32. Wall: 4. Level: High Improver

Choreographer: Maggie Gallagher (UK) - September 2022

Music: **Get In or Get Out** by Sarah Lake. Album: Get In or Get Out - Single

INTRO: 8 count. Weight on L. Two Tags, One Restart and One Tag & Restart.

STEP, KICK-BALL-CHANGE, STEP, ROCK FORWARD, RECOVER, SHUFFLE BACK

- 1 Step R forward
- 2&3 Kick L forward, Step ball of L beside R, Step R forward
- 4-6 Step L forward, Rock R forward, Recover onto L
- 7&8 Step R back, Step L beside R, Step R back

SHUFFLE BACK 1/2 LEFT, 1/4 LEFT ROCK RIGHT, RECOVER, BEHIND-SIDE-CROSS, POINT, HOLD-&-

- 1&2 Turn ¼ left step L to left, Step R beside L, Turn ¼ left step L forward [6:00]
- 3,4 Turn ¼ left rock R to right, Recover onto L [3:00]
- 5&6 Step R behind L, Step L to left, Cross R over L
- 7,8& Point L to left, Hold, Step L beside R

RESTART: Wall 3

TAG & RESTART: Wall 9

ROCK FORWARD, RECOVER-&-HEEL-&-HEEL-&-ROCK FORWARD, RECOVER, 1/4 LEFT CHASSE

- 1,2 Rock R forward, Recover onto L
- &3& Step R beside L, Touch L heel forward, Step L beside R
- 4& Touch R heel forward, Step R beside L
- 5,6 Rock L forward, Recover onto R
- 7&8 Turn ¼ left step L to left, Step R beside L, Step L to left [12:00]

CROSS, 1/4 RIGHT, COASTER BACK, STEP, 1/2 LEFT, 1/2 LEFT SHUFFLE

- 1,2 Cross R over L, Turn ¼ right step L back [3:00]
 - 3&4 Step R back, Step L beside R, Step R forward
 - 5,6 Step L forward, Turn ½ left step R back [9:00]
 - 7&8 Turn ½ left step L forward, Step R beside L, Step L forward [3:00]
- (OPTION: for counts 5,6 7&8: Walk, Walk, Shuffle [3:00])**

32 REPEAT

RESTART: During Wall 3, dance count 16& then restart the dance facing [9:00]

TAGS: End of Wall 5 facing [3:00] and Wall 8 facing [12:00], dance the 8 count Tag:

ROCK FORWARD, RECOVER, COASTER BACK, ROCK FORWARD, RECOVER, COASTER BACK

- 1,2 Rock R forward, Recover onto L
- 3&4 Step R back, Step L beside R, Step R forward
- 5,6 Rock L forward, Recover onto R
- 7&8 Step L back, Step R beside L, Step L forward

TAG & RESTART: During Wall 9. Dance to count 16&, then:

STOMP, HOLD, STOMP, HOLD and Restart facing 3:00

- 1-4 Stomp R forward, Hold, Stomp L forward, Hold

ENDING: Wall 12 starts facing 9:00. End of Wall 12, Stomp R forward to finish facing 12:00