

GET IN OR GET OUT

Description: 32 ct, 4 wall, High Improver
Choreographed by: Maggie Gallagher (UK) - September 2022
Music: Get In or Get Out - Sarah Lake
Intro: 8 counts, start on vocals

STEP, KICK BALL CHANGE, WALK, ROCK, RECOVER, BACK SHUFFLE

1 Step fwd on right
2&3-4 Kick left fwd, Step down on left next to right, Step fwd on right,
Walk fwd on left
5-6 Rock fwd on right, Recover on left
7&8 Step back on right, Step left next to right, Step back on right

$\frac{1}{2}$ SHUFFLE, $\frac{1}{4}$ SIDE ROCK, RECOVER, BEHIND SIDE CROSS, POINT, HOLD &

1&2 $\frac{1}{4}$ left stepping left to left side, step right next to left, $\frac{1}{4}$ left
stepping fwd on left [6:00]
3-4 $\frac{1}{4}$ 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**

ROCK, RECOVER, & HEEL & HEEL &, ROCK, RECOVER, $\frac{1}{4}$ CHASSE L

1-2 Rock fwd on right, Recover on left
&3& Step right next to left, Touch left heel fwd, Step left next to right
4& Touch right heel fwd, Step right next to left
5-6 Rock fwd on left, Recover on right
7&8 $\frac{1}{4}$ left stepping left to left side, Step right next to left, Step left
to left side [12:00]

CROSS, $\frac{1}{4}$, COASTER STEP, WALK, $\frac{1}{2}$, SHUFFLE $\frac{1}{2}$

1-2 Cross right over left, $\frac{1}{4}$ right stepping back on left [3:00]
3&4 Step back on right, Step left next to right, Step fwd on right
5-6 Walk fwd on left, $\frac{1}{2}$ left stepping back on right [9:00]
7&8 $\frac{1}{2}$ left stepping fwd on left, Step right next to left, Step fwd on
left [3:00]

(Alternative steps for 6-7&8: Walk fwd on right, L shuffle fwd [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 fwd on right, Recover on left

3&4 Step back on right, Step left next to right, Step fwd on right

5-6 Rock fwd on left, Recover on right

7&8 Step back on left, Step right next to left, Step fwd 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 fwd, HOLD

3-4 Stomp L fwd, HOLD

Then Restart the dance facing [3:00]

ENDING: Wall 12 starts facing [9:00]. Complete Wall 12, then stomp fwd on right to finish facing [12:00]

RHEDA-WIEDENBRÜCK