Get In or Get Out

Count: 32 **Wall:** 4 **Level:** High Improver
Choreographer: Maggie Gallagher (UK) - September 2022
Music: Get In or Get Out - Sarah Lake : (Amazon & iTunes)

Intro: 8 counts, start on vocals

S1: STEP, KICK BALL CHANGE, WALK, ROCK, RECOVER, BACK SHUFFLE

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

S2: ½ SHUFFLE, ¼ SIDE ROCK, RECOVER, BEHIND SIDE CROSS, POINT, HOLD &

1&2	¼ left stepping left to left side, step right next to left, ¼ left stepping forward on left [6:00]
3-4	¼ 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**

S3: ROCK, RECOVER, & HEEL & HEEL &, ROCK, RECOVER, ¼ CHASSE L

1-2	Rock forward on right, Recover on left
&3&	Step right next to left, Touch left heel forward, Step left next to right
4&	Touch right heel forward, Step right next to left
5-6	Rock forward on left, Recover on right
7&8	¼ left stepping left to left side, Step right next to left, Step left to left side [12:00]

S4: CROSS, ¼ , COASTER STEP, WALK, ½, SHUFFLE ½

1-2	Cross right over left, ¼ right stepping back on left [3:00[
3&4	Step back on right, Step left next to right, Step forward on right
5-6	Walk forward on left, ½ left stepping back on right [9:00]
7&8	½ left stepping forward on left, Step right next to left, Step forward on left [3:00]

(Alternative steps for 6-7&8: Walk forward on right, L shuffle forward [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 forward on right, Recover on left
3&4	Step back on right, Step left next to right, Step forward on right
5-6	Rock forward on left, Recover on right
7&8	Step back on left, Step right next to left, Step forward 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 forward, HOLD
3-4	Stomp L forward, HOLD

Then Restart the dance facing [3:00]

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

Thank you to Margaret Hains for suggesting the music

This dance was choreographed for Karin Müntener for her first event in Switzerland

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