

# 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**