

# Get In Or Get Out

32 count, 4 wall, high improver/easy intermediate level  
 Choreographer: Maggie Gallagher, September 2022  
 Choreographed to: "Get In Or Get Out" by Sarah Lake

Intro: 8 counts, start on vocals

**Section 1 Step, Kick Ball Change, Step, Rock Step, Shuffle Back**

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

**Section 2 1/2 Triple Turn, 1/4 Turn Rock, Behind-Side-Cross, Point, Hold &**

1&2 1/4 left stepping left to left side, step right next to left, 1/4 left stepping forward on left (6:00)  
 3-4 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

**Section 3 Rock Step & Heel & Heel & Rock Step, 1/4 Turn Chasse**

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 1/4 left stepping left to left side, Step right next to left, Step left to left side (12:00)

**Section 4 Cross, 1/4 R Back, Coaster Step, Step, 1/2 L Back, 1/2 Turn Shuffle**

1-2 Cross right over left, 1/4 right stepping back on left (3:00)  
 3&4 Step back on right, Step left next to right, Step forward on right  
 5-6 Step forward on left, 1/2 left stepping back on right [9:00]  
 7&8 1/2 left stepping forward on left, Step right next to left, Step forward on left (3:00) \*\*\* Tags walls 5+8

**Restart** Wall 3 starts facing 6 o'clock. Dance 16& counts, then restart the dance facing 9 o'clock

**Tags** At the end of wall 5 facing 3 o'clock and wall 8 facing 12 o'clock dance the 8-count-tag:

*Rock Step, Coaster Step, Rock Step, 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 o'clock. Dance 16& counts, then do the 4-count-tag facing 3 o'clock:

*Stomp R, Hold, Stomp L, Hold*  
 1-2 Stomp R forward, Hold  
 3-4 Stomp L forward, Hold  
 Then restart the dance facing 3 o'clock

**Ending:** Wall 12 starts facing 9 o'clock.  
 Complete wall 12, then stomp forward on right to finish facing 12 o'clock

Quelle:

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