



Dance: **Get In Or Get Out**  
 Type: 32 Count, 4 Wall, High Improver  
 Choreographer: Maggie Gallagher (UK), September 2022  
 Choreographed to: Get In Or Get Out by Sarah Lake (121 bpm, 3:14 min)

Intro: Start after count 8, on the vocals

<b>Section 1</b>	<b>Step, Kick-Ball Step, Step, Forward Rock, Back Shuffle</b>	
1,2&3	Step right forward. Kick left forward. Step ball of left beside right. Step right forward	Step, kick-ball step
4-6	Step left forward. Rock forward on right. Recover on left	Step, forward rock
7&8	Step right back. Step left beside right. Step right back	Back shuffle
<b>Section 2</b>	<b>1/2 Shuffle, 1/4 Side Rock, Weave Left, Point, Hold, Close</b>	
1&2	Turn 1/4 left stepping left to left side. Step right beside left. Step left 1/4 turn left (6:00)	Half shuffle
3,4	Turn 1/4 left rocking to side on right (3:00). Recover on left	Turn, rock
	<i>Non-turning steps 1-4: Back Shuffle, 1/4 Side Rock</i>	
1&2	<i>Step left back. Step right beside left. Step left back</i>	<i>Back shuffle</i>
3,4	<i>Turn 1/4 right rocking to side on right (3:00). Recover on left</i>	<i>Turn, rock</i>
5&6	Cross right behind left. Step left to left side. Cross right over left	Behind, side, cross
7,8&#*	Point left to left side. Hold. Step left beside right	Point, hold, &
<b>Section 3</b>	<b>Forward Rock, Close, Heel Switch x 2, Forward Rock, 1/4 Chasse Left</b>	
1,2&	Rock forward on right. Recover on left. Step right beside left	Forward rock, &
3&	Touch left heel forward. Step left beside right	Heel, &
4&	Touch right heel forward. Step right beside left	Heel, &
5,6	Rock forward on left. Recover on right	Forward rock
7&8	Turn 1/4 left stepping left to left side (12:00). Step right beside left. Step left to left side	Turn chasse
<b>Section 4</b>	<b>Cross, 1/4 Turn, Coaster Step, Step, 1/2 Turn, 1/2 Shuffle</b>	
1,2	Cross right over left. Turn 1/4 right stepping left back (3:00)	Cross, turn
3&4	Step right back. Step left beside right. Step right forward	Coaster step
5,6	Step left forward. Turn 1/2 left stepping right back (9:00)	Step, turn
7&8	Turn 1/2 left stepping left forward (3:00). Step right beside left. Step left forward	Half shuffle
	<i>Non-turning steps 5-8: Step x 2, Left Shuffle</i>	
5,6	<i>Step left forward. Step right forward</i>	<i>Step, step</i>
7&8	<i>Step left forward. Step right beside left. Step left forward</i>	<i>Left shuffle</i>
<b>Tag 1</b>	<b>End of Wall 5 (12:00 - add Tag facing 3:00) End of Wall 8 (9:00 - add Tag facing 12:00) (Forward Rock, Coaster Step) x 2</b>	
1,2	Rock forward on right. Recover on left	Forward rock
3&4	Step right back. Step left beside right. Step right forward	Coaster step
5,6	Rock forward on left. Recover on right	Forward rock
7&8	Step left back. Step right beside left. Step left forward	Coaster step
<b>Tag 2</b>	<b># Wall 9 (12:00) after 16&amp; Counts (facing 3:00) (Stomp, Hold) x 2</b>	
1-4	Stomp right forward. Hold. Stomp left forward. Hold	Stomp, hold, stomp, hold
<b>Restart</b>	<b>* Wall 3 (6:00) after 16&amp; Counts (facing 9:00) * Wall 9 after Tag</b>	