

In Or Out

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Dwight Meessen & José miguel Belloque Vane - March 2017

Music: "In Or Out" by Elina Born (Album: In Or Out) 116 bpm

1/8 R Walk Fwd, Walk Fwd, 1/4 L Heel Toe Swivel, 1/4 L Heel Swivel, Fwd, 1/2 L Back, 1/2 L Shuffle Fwd

1-2RF 1/8 right step forward, LF step forward

3&4RF 1/4 left step beside and swivel heels right, R+L swivel toes right, R+L 1/4 left swivel heels right

5-6LF small step forward, RF 1/2 left step back

7&8LF 1/2 left step forward, RF step beside, LF step forward [7.30]

Cross, Sweep/Point Across, Sweep 1/8 L Coaster, Pivot 1/2 L, Cross Samba

1-2RF cross over, LF sweep and point across

3&4LF 1/8 left sweep and step back, RF together, LF step forward

5-6RF step forward, R+L 1/2 turn left

7&8RF cross over, LF rock side, RF recover [12]

Cross, Side, Sailor Into Heel Ball Cross, 1/4 R Back, Shuffle 1/2 R

1-2LF cross over, RF step side

3&LF cross behind, RF step beside

4&5LF dig heel left forward, LF step beside on ball foot, RF cross over

6LF 1/4 right step back

7&8RF 1/4 right step side, LF step beside, RF 1/4 right step forward [9]

Rock Fwd, Recover, Shuffle 1/2 L, Pivot 1/2 L, Kick Ball Change

1-2LF rock forward, RF recover

3&4LF ¼ left step side, RF step beside, LF ¼ left step forward

5-6RF step forward, R+L ½ turn left

7&8RF kick forward, RF step beside on ball foot, LF step beside [9]

Start again

TAG: After the 3rd wall [6]:

Rocking Chair

1-4RF rock forward, LF recover, RF rock back, LF recover

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