

Outta My Heart (Get Out!)

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Count: 48

Wall: 2

Level: Intermediate

Choreographer: Johanna Barnes (April 2013)

Music: Get Out, by Casey Abrams

(16 count intro)

[1~8]: L ROCK-RECOVER, WEAVE R, R ROCK-RECOVER, WEAVE L

1L rock to left side (swing/roll hip left)

2recover weight R

3L step behind R

&R step to right side

4L step across R

5R rock to right side (swing/roll hip right)

6recover weight L

7R step behind L

&L step to left side

8R step across L

[9~16]: L FWD ROCK-RECOVER, ½ SAILOR-STEP L, R KICK-BALL-STEP, R TRIPLE FWD

1L rock forward

2recover weight back to R

3L low swing ½ left, stepping behind R (6:00)

&R step slightly right

4L step slightly left and forward

5R kick forward

&R step ball of foot slightly back

6L small step forward

7R step forward

&L step behind (lock) R

8R step forward

[17~24]: L CROSS, $\frac{3}{4}$ PIVOT R, $\frac{1}{4}$ BACK L LOCK, R ROCK-RECOVER, R ROCK $\frac{1}{4}$ CROSS

1L cross over R

2 $\frac{3}{4}$ turn right, weight R (3:00)

3L step back an 1/8 right

&R step across L and 1/8 right (face 6:00)

4L step back

5R rock back

6recover weight forward onto L

7R step forward

&turn $\frac{1}{4}$ left, weight L (face 3:00)

8R step across L (this puts your hips on an angle facing 1:00)

[25~32]: LEFT FWD COASTER STEP, R BACK COASTER STEP, 4-1/2 TURNS R (OR 4 WALKS)

&L step forward (to 1:00)

1R step forward next to L (take weight R)

2L step back

3R step back

&L step back next to R (take weight L)

4R step forward (prep)

(*The next 4 counts head toward 1:00)

5½ turn right, stepping back onto L

6½ turn right, stepping forward onto R

7½ turn right, stepping back onto L

8½ turn right, stepping forward onto R

***Try variations for these last 4 counts based on the timing of the music:**

Walk L, R, L, R

Do first 2- ½ turns then walk L, R or

Walk L, R, then to 2- ½ turns, or

Double time walks, or

2, 2 count ½ turns on 5th phrase

Groove with your knees and/or shoulders!

[33~39 &]: L CROSS-BACK STEP, R CROSS-BACK STEP, DOUBLE TIME CROSS ROCK-SIDE (L, R)

1L step across R

&R step back, squaring up to 12:00

2L step back and slightly out to L

3R step across L

&L step back

4R step back and slightly out to R

5L rock forward and across R

&return weight to R

6L step to left side

&R rock forward and across L

7return weight to L

&R step to right side

[40~48]: L CROSS SHUFFLE R, R ROCK SIDE-RECOVER, ½ TURN-WEAVE, SWAYS OR STEP-TOUCHES, TOGETHER (&)

8L step across R

&R step slightly to right side

1L step across R

2R rock out to right side

3return weight to L

4R step behind L

&¼ turn left, forward onto L

5* ¼ turn left stepping R to right side, sway right (face 6:00)

6sway hips/weight left

7sway hips/weight right

8sway hips/weight left

&step R next to L

***Alternately, on faster parts of music, (as in phrases 2, 4, 5, and 6),**

5¼ turn left, stepping onto R

&touch L toes next to R

6step L to left side

&touch R toes next to L

7step R to right side

&touch L toes next to R

8step L to left side

&step R next to L

(BEGIN AGAIN, and most certainly DWYF!)

This step description is intended to be a guideline.

Dance demos and visual references may be found on the DanceWhatYouFeel YouTube channel.

<http://www.youtube.com/user/DanceWhatYouFeel>

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