

# Out And In

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Louis James Sequeira (SG)

Musik: The Only Way Out - Cliff Richard



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## ROCK RECOVER, SIDE SHUFFLE TO RIGHT, ROCK RECOVER, SIDE SHUFFLE TO LEFT

- 1-2 Step right across left and rock diagonally forward, recover weight on left
- 3&4 Side shuffle right - step side right, close left beside right, step side right
- 5-6 Step left across right and rock diagonally forward, recover weight on right
- 7&8 Side shuffle left- step side left, close right beside left, step side left

## HIPS BUMP FORWARD

- 1&2 Step right forward, bumping hips-forward, back, forward
- 3&4 Step forward left, bumping hips- forward, back, forward
- 5&6 Step right forward, bumping hips-forward, back, forward
- 7&8 Step forward left, bumping hips- forward, back, forward

## SIDE TOGETHER, SIDE SHUFFLES RIGHT, SIDE TOGETHER, SIDE SHUFFLES LEFT

- 1-2 Step right to right, close left beside right
- 3&4 Side shuffles right- step right to right, close left beside right, step right to right
- 5-6 Step left to left, close right beside left
- 7&8 Side shuffles left-step left to left, close right beside left, step left to left

## JAZZ BOX QUARTER RIGHT TURN, RIGHT KICK BALL CHANGES

- 1-2-3-4 Cross right over left, step left behind right, turning ¼ to right stepping right beside left, step left beside right
- 5&6 Kick right forward, step right beside left, step left in place
- 7&8 Kick right forward, step right beside left, step left in place

## REPEAT

## TAG

On reaching 4th wall, repeat last 4 counts and start the dance again still on 4th wall

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