|  |  |
| --- | --- |
| Out And In |  |

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|  |
| --- |
| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Louis James Sequeira (SG) |
| **Music:** | The Only Way Out - Cliff Richard |
| . |

**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**