|  |  |
| --- | --- |
| Outta My Heart (Get Out!) |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 48 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Johanna Barnes (USA) - April 2013 | | | | |
| **Music:** | Get Out - Casey Abrams | | | | |
| . | | | | | | |

**(16 count intro)**

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

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

|  |  |
| --- | --- |
| 2 | recover weight R |

|  |  |
| --- | --- |
| 3 | L step behind R |

|  |  |
| --- | --- |
| & | R step to right side |

|  |  |
| --- | --- |
| 4 | L step across R |

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

|  |  |
| --- | --- |
| 6 | recover weight L |

|  |  |
| --- | --- |
| 7 | R step behind L |

|  |  |
| --- | --- |
| & | L step to left side |

|  |  |
| --- | --- |
| 8 | R step across L |

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

|  |  |
| --- | --- |
| 1 | L rock forward |

|  |  |
| --- | --- |
| 2 | recover weight back to R |

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

|  |  |
| --- | --- |
| & | R step slightly right |

|  |  |
| --- | --- |
| 4 | L step slightly left and forward |

|  |  |
| --- | --- |
| 5 | R kick forward |

|  |  |
| --- | --- |
| & | R step ball of foot slightly back |

|  |  |
| --- | --- |
| 6 | L small step forward |

|  |  |
| --- | --- |
| 7 | R step forward |

|  |  |
| --- | --- |
| & | L step behind (lock) R |

|  |  |
| --- | --- |
| 8 | R step forward |

**[17~24]: L CROSS, ¾ PIVOT R, ¼ BACK L LOCK, R ROCK-RECOVER, R ROCK ¼ CROSS**

|  |  |
| --- | --- |
| 1 | L cross over R |

|  |  |
| --- | --- |
| 2 | ¾ turn right, weight R (3:00) |

|  |  |
| --- | --- |
| 3 | L step back an 1/8 right |

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

|  |  |
| --- | --- |
| 4 | L step back |

|  |  |
| --- | --- |
| 5 | R rock back |

|  |  |
| --- | --- |
| 6 | recover weight forward onto L |

|  |  |
| --- | --- |
| 7 | R step forward |

|  |  |
| --- | --- |
| & | turn ¼ left, weight L (face 3:00) |

|  |  |
| --- | --- |
| 8 | R 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) |

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

|  |  |
| --- | --- |
| 2 | L step back |

|  |  |
| --- | --- |
| 3 | R step back |

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

|  |  |
| --- | --- |
| 4 | R step forward (prep) |

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

|  |  |
| --- | --- |
| 5 | ½ turn right, stepping back onto L |

|  |  |
| --- | --- |
| 6 | ½ turn right, stepping forward onto R |

|  |  |
| --- | --- |
| 7 | ½ turn right, stepping back onto L |

|  |  |
| --- | --- |
| 8 | ½ 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)**

|  |  |
| --- | --- |
| 1 | L step across R |

|  |  |
| --- | --- |
| & | R step back, squaring up to 12:00 |

|  |  |
| --- | --- |
| 2 | L step back and slightly out to L |

|  |  |
| --- | --- |
| 3 | R step across L |

|  |  |
| --- | --- |
| & | L step back |

|  |  |
| --- | --- |
| 4 | R step back and slightly out to R |

|  |  |
| --- | --- |
| 5 | L rock forward and across R |

|  |  |
| --- | --- |
| & | return weight to R |

|  |  |
| --- | --- |
| 6 | L step to left side |

|  |  |
| --- | --- |
| & | R rock forward and across L |

|  |  |
| --- | --- |
| 7 | return 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 (&)**

|  |  |
| --- | --- |
| 8 | L step across R |

|  |  |
| --- | --- |
| & | R step slightly to right side |

|  |  |
| --- | --- |
| 1 | L step across R |

|  |  |
| --- | --- |
| 2 | R rock out to right side |

|  |  |
| --- | --- |
| 3 | return weight to L |

|  |  |
| --- | --- |
| 4 | R step behind L |

|  |  |
| --- | --- |
| & | ¼ turn left, forward onto L |

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

|  |  |
| --- | --- |
| 6 | sway hips/weight left |

|  |  |
| --- | --- |
| 7 | sway hips/weight right |

|  |  |
| --- | --- |
| 8 | sway hips/weight left |

|  |  |
| --- | --- |
| & | step R next to L |

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

|  |  |
| --- | --- |
| 5 | ¼ turn left, stepping onto R |

|  |  |
| --- | --- |
| & | touch L toes next to R |

|  |  |
| --- | --- |
| 6 | step L to left side |

|  |  |
| --- | --- |
| & | touch R toes next to L |

|  |  |
| --- | --- |
| 7 | step R to right side |

|  |  |
| --- | --- |
| & | touch L toes next to R |

|  |  |
| --- | --- |
| 8 | step 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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