

# In Or Out

**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



## ? R Walk Fwd, Walk Fwd, ¼ L Heel Toe Swivel, ¼ L Heel Swivel, Fwd, ½ L Back, ½ L Shuffle Fwd

- 1-2                    RF ? right step forward, LF step forward  
3&4                   RF ¼ left step beside and swivel heels right, R+L swivel toes right, R+L ¼ left swivel heels right  
5-6                   LF small step forward, RF ½ left step back  
7&8                   LF ½ left step forward, RF step beside, LF step forward [7.30]

## Cross, Sweep/Point Across, Sweep ? L Coaster, Pivot ½ L, Cross Samba

- 1-2                   RF cross over, LF sweep and point across  
3&4                   LF ? left sweep and step back, RF together, LF step forward  
5-6                   RF step forward, R+L ½ turn left  
7&8                   RF cross over, LF rock side, RF recover [12]

## Cross, Side, Sailor Into Heel Ball Cross, ¼ R Back, Shuffle ½ R

- 1-2                   LF cross over, RF step side  
3&                   LF cross behind, RF step beside  
4&5                   LF dig heel left forward, LF step beside on ball foot, RF cross over  
6                   LF ¼ right step back  
7&8                   RF ¼ right step side, LF step beside, RF ¼ right step forward [9]

## Rock Fwd, Recover, Shuffle ½ L, Pivot ½ L, Kick Ball Change

- 1-2                   LF rock forward, RF recover  
3&4                   LF ¼ left step side, RF step beside, LF ¼ left step forward  
5-6                   RF step forward, R+L ½ turn left  
7&8                   RF kick forward, RF step beside on ball foot, LF step beside [9]

## Start again

### TAG: After the 3rd wall [6]:

#### Rocking Chair

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

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