

# Outta My Heart (Get Out!)

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

- 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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