

**In Or Out**

32 Count, 4 Wall, Improver  
Choreographer: Dwight Meessen &  
José Miguel Belloque Vane (NL) Mar 2017  
Choreographed to: In Or Out by Elina Born.  
Album: In Or Out

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- Section 1**      **1/8 R Walk Fwd, Walk Fwd, 1/4 L Heel Toe Swivel, 1/4 L Heel Swivel, Fwd, 1/2 L Back, 1/2 L Shuffle Fwd**  
1-2              RF 1/8 right step forward, LF step forward  
3&4             RF 1/4 left step beside and swivel heels right, R+L swivel toes right,  
                    R+L 1/4 left swivel heels right  
5-6              LF small step forward, RF 1/2 left step back  
7&8             LF 1/2 left step forward, RF step beside, LF step forward [7.30]
- Section 2**      **Cross, Sweep/Point Across, Sweep 1/8 L Coaster, Pivot 1/2 L, Cross Samba**  
1-2              RF cross over, LF sweep and point across  
3&4             LF 1/8 left sweep and step back, RF together, LF step forward  
5-6              RF step forward, R+L 1/2 turn left  
7&8             RF cross over, LF rock side, RF recover [12]
- Section 3**      **Cross, Side, Sailor Into Heel Ball Cross, 1/4 R Back, Shuffle 1/2 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 1/4 right step back  
7&8             RF 1/4 right step side, LF step beside, RF 1/4 right step forward [9]
- Section 4**      **Rock Fwd, Recover, Shuffle 1/2 L, Pivot 1/2 L, Kick Ball Change**  
1-2              LF rock forward, RF recover  
3&4             LF 1/4 left step side, RF step beside, LF 1/4 left step forward  
5-6              RF step forward, R+L 1/2 turn left  
7&8             RF kick forward, RF step beside on ball foot, LF step beside [9]
- Start again**
- Bridge:**        **After the 3rd wall [6]:**  
                    **Rocking Chair**  
1-4              RF rock forward, LF recover, RF rock back, LF recover
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