

In Out and in Between

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Count: 64 **Wall:** 2 **Level:** Easy Intermediate

Choreographer: Kate Damgaard (DK) - May 2021

Music: - Ronnie Dunn : (Album: Re-Dunn iTunes)

*****3 Restarts (walls: 3 (facing 6:00), wall 6 (facing 12:00), wall 9 (facing 6:00))**

ROCK RECOVER, FULL TURNING TRIPLE, ROCK RECOVER COASTER

1-2 Rock R forward, recover weight onto L

3&4turn 1/2 R step R forward, step L beside R, 1/2 turn R forward (facing 12:00)

5-6 Rock L forward, recover weight onto R

7&8 Step L foot back, step right together, step L foot forward

HIP BUMPS (RLR), (LRL), (RLR), (LRL)

1&2step R foot forward bump hips RLR (weight on R)

3&4step L foot forward bump hips LRL (weight on L)

5&6step R foot forward bump hips RLR (weight on R)

7&8step L foot forward bump hips LRL (weight on L)

*****restart # 1 here, wall 3 facing 6:00*****

*****restart # 2 here, wall 6 facing 12:00*****

*****restart # 3 here, wall 9 facing 6:00*****

**STEP FORWARD R, 1/4 PIVOT LEFT, CROSS SHUFFLE, ROCK REPLACE, 1/2 TURN LEFT
SAILOR**

1-2step R foot forward, 1/4 pivot left

3&4step R foot over L, step together, step R foot over L

5-6rock side left, replace

7&81/4 turn L step L behind R, 1/4 turn L step R to R side, cross L over R

TOE SWITCHES, STEP 1/2 PIVOT, R&L SWAY WITH HOLDS

1&2 point R foot to side right, step together, point L foot to side left, step together

3-4 step R foot forward, 1/2 pivot left (weight on L foot)

5-6 sway right, hold

7-8 sway left, hold

(*dance finishes facing 12:00)

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