



Approved by:



Try This For Size

4 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 3 – 4 5 – 6 7 & 8	V Step, Back Rock, Forward Lock Step Step right forward and out on right diagonal. Step left forward and out on left diagonal. Step right back and in towards centre. Step left beside right. Rock back on right. Recover onto left. Step right forward. Lock left behind right. Step right forward.	Right Left Back Back Rock Back Right Lock Right	Forward Back On the spot Forward
Section 2 1 – 2 3 – 4 5 & 6 7 – 8	Step, Pivot 1/4, Weave Step left forward. Pivot 1/4 turn right. Cross left over right. Step right to right side. Cross left behind right. Step right to right side. Cross left over right. Step right to right side. Cross left behind right.	Step Quarter Cross Side Behind Side Cross Side Behind	Turning right Right
Section 3 1 & 2 3 & 4 5 – 6 7 & 8	1/4 Turn Into Heel Splits, Step, Heels Splits, Side Rock, Cross Shuffle Turn 1/4 right stepping right forward. Split heels apart. Return heels to centre. Step left forward. Split heels apart. Return heels to centre. Rock right to right side. Recover onto left. Cross right over left. Step left to left side. Cross right over left.	Quarter Heel Splits Step Heel Splits Side Rock Cross Shuffle	Turning right Forward On the spot Left
Section 4 1 – 2 3 & 4 5 – 6 7 – 8 Option	Hinge 1/2 Turn, Forward Shuffle, Step, Pivot 1/2, Walk Forward x 2 Turn 1/4 right stepping left back. Turn 1/4 right stepping right to right side. Step left forward. Close right beside left. Step left forward. Step right forward. Pivot 1/2 turn left. Step right forward. Step left forward.	Hinge Turn Left Shuffle Step Pivot Right Left	Turning right Forward Turning left Forward
Section 5 1 – 2 3 – 4 & 5 6 – 7 8	Scuff, Scuff 1/4 Turn, Toe Taps, Ball Step, Step, Pivot 1/2, Step Scuff right forward. Scuff right back making 1/4 turn left. Tap right toe back twice. Step ball of right beside left. Step left forward. Step right forward. Pivot 1/2 turn left. Step right forward.	Scuff Turn Tap Tap Ball Step Step Pivot Step	Turning left On the spot Forward Turning left Forward
Section 6 1 – 2 3 & 4 5 – 6 7 – 8 Restart	Forward Rock, Coaster Step, Step, Pivot 1/2, Walk Forward x 2 Rock forward on left. Recover onto right. Step left back. Step right beside left. Step left forward. Step right forward. Pivot 1/2 turn left. Step right forward. Step left forward.	Rock Forward Coaster Step Step Pivot Right Left	On the spot Turning left Forward
Section 7 1 – 2 3 – 4 5 – 6 7 – 8	Toe Touch, Cross, Toe Touch, Modified Jazz Box, Cross Rock Point right toe to right side. Cross right over left. Point left toe to left side. Cross left over right. Step right back. Step left to left side. Cross rock right over left. Recover onto left.	Point Cross Point Cross Back Side Cross Rock	Forward Back On the spot
Section 8 & 1 2 – 3 4 – 6 7 & 8	Ball Cross, Hinge 1/2 Turn, Walk Forward x 3, Forward Shuffle Step ball of right beside left. Cross left over right. Turn 1/4 left stepping right back. Turn 1/4 left stepping left to left side. Step right forward. Step left forward. Step right forward. Step left forward. Close right beside left. Step left forward.	Ball Cross Hinge Turn Right Left Right Left Shuffle	Right Turning left Forward

Choreographed by: Stephen Rutter & Claire Butterworth (UK) March 2012

Choreographed to: 'Get Out Of My Bed' by Mark Medlock & Dieter Bohlen (133 bpm) from CD Dreamcatcher; download available from amazon.co.uk or iTunes (16 count intro - start on vocals)

Restart: One Restart, during Wall 3 at the end of Section 6

Choreographers' note: Special thanks to Liz Shepherd for naming this dance for us



A video clip of this dance is available at www.linedancermagazine.com