

# L.O.A. (Left Outside Alone)

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Intermediate/Advanced  
编舞者: Maggie Gallagher (UK)  
音乐: Left Outside Alone - Anastacia



## ROCKING CHAIR, SCUFF, HITCH SIDE STEP, SIDE SWITCHES, MODIFIED $\frac{3}{4}$ MONTEREY TURN

- 1&2&      Rock forward onto right, rock back onto left, rock back on right, rock forward onto left
- 3-4      Scuff right forward, hitch right leg stepping right to right side
- 5      Touch left next to right
- 6&      Point left to left side, step left next to right
- 7      Point right to right side
- 8      Make  $\frac{3}{4}$  turn right ending with weight on right and feet together (like a modified Monterey turn)

## SIDE STEP, WEAVE, TOUCH, FULL ROLLING TURN RIGHT, TAPS, LUNGE

- 1-2&3      Step left to left side, cross right behind left, step left to left side, cross right over left
- &4      Step out to left side, touch right next to left
- 5-6      Step right  $\frac{1}{4}$  turn right, step onto left making  $\frac{3}{4}$  turn right (making a full rolling turn right)
- 7&8      Tap right out to right side, tap right out a little, lunge onto right diagonal (tap, tap, lunge)

## CROSS, STEP BACK, TUSH PUSH, WEAVE, KICK, CROSS, STEP BACK, SIDE, KICK LEFT, STEP, POINT

- 1-2      Cross left over right, step back on right pushing the tush back
- &3      Step left to left side, cross right over left
- 4      Step left to left side
- 5&6&      Kick right over left, cross right over left, step back on left, step right to right side
- 7&8      Kick left forward, step left next to right, point right to right side

## $\frac{1}{2}$ TURN RIGHT, ROCKS, TWINKLE, FULL PADDLE TURN RIGHT, STEP LEFT

- 1&2      Make  $\frac{1}{2}$  turn right stepping right next to left, rock left to left side, rock to right side
- 3&4      Cross left over right, step right beside left, step left in place (moving forward slightly)
- 5&6&7      Stepping on to the right -  $\frac{1}{3}$  turn right, paddle,  $\frac{1}{3}$  turn right, paddle,  $\frac{1}{3}$  turn right, paddle
- 8      Step forward on left

## REPEAT

The music changes after 2:40 with a reduced beat. Keep dancing at the same speed as before. It lasts for 32 counts and the beat kicks in again

## TAG

After wall 3

## $\frac{1}{4}$ RIGHT TWICE, HIP BUMPS, $\frac{1}{4}$ RIGHT TWICE, HIP BUMPS

- 1-2       $\frac{1}{4}$  turn right stepping forward on right,  $\frac{1}{4}$  turn right stepping left to left side
- 3&4      Bump hips left, right, left (keeping weight on left)
- 5-6       $\frac{1}{4}$  turn right stepping forward on right,  $\frac{1}{4}$  turn right stepping left to left side
- 7&8      Bump hips left, right, left (ending with weight on left)