

L O A (Left Outside Alone)

COPPER KNOB
STEPSHEETS

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



Intro: 32 counts of heavy beat - Start on Main Vocals (at 40sec)

ROCKING CHAIR, SCUFF, HITCH SIDE STEP, SIDE SWITCHES, MODIFIED 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 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 1/4 turn right, Step onto left making 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

1/2 TURN RIGHT, ROCKS, TWINKLE, FULL PADDLE TURN RIGHT, STEP LEFT

1&2 Make 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 - 1/3 turn right, Paddle, 1/3 turn right, Paddle, 1/3 turn right, Paddle
8 Step forward on left
Note: The music changes after 2m 40 sec with a reduced beat. Keep dancing at the same speed as before. It lasts for 32 counts and the beat kicks in again

TAG: 8 COUNT TAG AFTER WALL 3

1/4 RIGHT x2, HIP BUMPS, 1/4 RIGHT x2, HIP BUMPS

1,2 1/4 turn right stepping forward on right, 1/4 turn right stepping left to left side
3&4 Bump hips left, right, left (Keeping weight on left)
5,6 1/4 turn right stepping forward on right, 1/4 turn right stepping left to left side
7&8 Bump hips left, right, left (ending with weight on left)