

L.O.A. (Left Outside Alone)

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Maggie Gallagher (UK)
音樂: Left Outside Alone - Anastacia



ROCKING CHAIR, SCUFF, HITCH SIDE STEP, SIDE SWITCHES, MODIFIED ¾ 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 ¾ 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 ¼ turn right, step onto left making ¾ 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

½ TURN RIGHT, ROCKS, TWINKLE, FULL PADDLE TURN RIGHT, STEP LEFT

- 1&2 Make ½ 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

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

¼ RIGHT TWICE, HIP BUMPS, ¼ RIGHT TWICE, HIP BUMPS

- 1-2 ¼ turn right stepping forward on right, ¼ turn right stepping left to left side
- 3&4 Bump hips left, right, left (keeping weight on left)
- 5-6 ¼ turn right stepping forward on right, ¼ turn right stepping left to left side
- 7&8 Bump hips left, right, left (ending with weight on left)