

Outside Alone

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Steve Rutter (UK)
音樂: Left Outside Alone - Anastacia



PRESS & KICK, COASTER STEP, PADDLE ¼ TURN LEFT TWICE, VAUDEVILLE STEP, CLOSE

- 1&2 Step left forward pressing weight down onto left, replace weight onto right, kick left forward
- 3&4 Step back on left, close right beside left, step forward on left
- 5 Make a quarter turn left touching right toe to right side
- 6 Make a quarter turn left touching right toe to right side
- 7&8 Cross right over left, step left to left side, touch right heel forward
- & Close right beside left

CROSS, SIDE STEP, COASTER STEP WITH ¼ TURN LEFT, LOCK, FORWARD ROCK, CLOSE, STEP FORWARD, PIVOT ½ TURN LEFT

- 9-10 Cross left over right, step right to right side
- 11&12 Make a quarter turn left stepping back on left, close right beside left, step forward on left
- & Lock right behind left
- 13-14 Rock forward on left, recover weight back onto right
- & Close left beside right
- 15-16 Step forward on right, pivot a half turn left

¼ TURN LEFT, ARM MOVEMENTS & HEAD TURN, HEEL SWIVELS MAKING ¼ TURN LEFT, HIP BUMPS

- 17-18 Make a quarter turn left stepping right to right side (taking weight), cross arms over chest so that left hand is touching right shoulder and right hand is touching left shoulder, at the same time as crossing arms turn head a quarter turn left
- 19&20 Swivel heels right making a quarter turn left, swivel heels left making an eighth turn right, swivel heels right making an eighth turn left (weight should now be on right)
- 21&22 Step back on left towards left diagonal bumping hips left, bump hips right, bump hips left
- 23&24 Step back on right towards right diagonal bumping hips right, bump hips left, bump hips right

BACK ROCK, TRIPLE FULL TURN RIGHT, WALK FORWARD, STEP FORWARD, PIVOT ½ TURN LEFT, STEP FORWARD

- 25-26 Rock back on left, recover weight forward onto right
- 27&28 Make a full turn right stepping on left, right, left
- 29-30 Step forward on right, step forward on left
- 31&32 Step forward on right, pivot a half turn left, step forward on right

REPEAT

TAG

At the end of wall three

STEP FORWARD, HOLD & CLICK FINGERS TWICE, PADDLE ¼ TURN RIGHT X4

- 1-2 Step forward on left, hold and click both fingers to right side
- 3-4 Step forward on right, hold and click both fingers to left
- 5 Make a quarter turn right touching left toe to left side
- 6-8 Repeat count 5 of tag three more times