

# L O A (Left Outside Alone)

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate/Advanced  
編舞者: Maggie Gallagher (UK)  
音樂: 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)