

L O A (Left Outside Alone)

Count: 32

Wand: 4

Ebene: Intermediate/Advanced

Choreograf/in: Maggie Gallagher (UK)

Musik: 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)