

L.O.A. (Left Outside Alone)

COPPER **KNOB**
BY STEPHEN

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



ROCKING CHAIR, SCUFF, HITCH SIDE STEP, SIDE SWITCHES, MODIFIED $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{1}{4}$ turn right, step onto left making $\frac{3}{4}$ 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

$\frac{1}{2}$ TURN RIGHT, ROCKS, TWINKLE, FULL PADDLE TURN RIGHT, STEP LEFT

1&2 Make $\frac{1}{2}$ 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 - $\frac{1}{3}$ turn right, paddle, $\frac{1}{3}$ turn right, paddle, $\frac{1}{3}$ 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

$\frac{1}{4}$ RIGHT TWICE, HIP BUMPS, $\frac{1}{4}$ RIGHT TWICE, HIP BUMPS

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