

Left Outside Alone

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



MAMBO ROCK, LEFT SHUFFLE, MAMBO ROCK, LEFT ROCK & POINT RIGHT

- 1&2 Rock right foot to right side, back onto left, step right next to left
- 3&4 Left shuffle forward
- 5&6 Rock forward on right foot, back onto left, step right next to left
- 7&8& Rock left foot to left side, back onto right, step left next to right, point right to right side

KNEE IN, OUT, ¼ TURN KICK, RIGHT COASTER, LEFT SHUFFLE, POINT RIGHT

- 1-2 Pop right knee in then out, make a ¼ turn as you pop knee out
- 3 Kick right foot forward
- 4&5 Right coaster step
- 6&7 Left shuffle forward
- 8 Point right toe to right side

RIGHT CHASSE, LEFT SAILOR, RIGHT SAILOR, BEHIND UNWIND ½ LEFT

- 1&2 Step right to right side, together with left, step right to right side
- 3&4 Step left behind right, right to right side, step left next to right
- 5&6 Step right behind left, left to left side, step right next to left
- 7-8 Cross left behind right and unwind ½ turn left

KICK BALL CHANGE, ½ PIVOT, ½ PIVOT, KICK BALL CROSS

- 1&2 Kick right foot forward, step right next to left, step left next to right
- 3-4 Step forward on right, pivot ½ turn left
- 5-6 Step forward on right, pivot ½ turn left
- 7&8 Kick right foot forward, step right next to left, cross left over right

REPEAT

TAG

Danced at end of walls 5 and 11

- 1-4 Big step right to right side, slide left next to right, rock left behind right, rock forward onto right
- 5-8 Big step left to left side, slide right next to left, rock right behind left, rock forward onto left

BRIDGE

Danced at the end of wall 8

- 1-4 Big step right to right side, slide left next to right, rock left behind right, rock forward onto right
- 5-8 Big step left to left side, slide right next to left, rock right behind left, rock forward onto left
- 1-4 Right toe strut forward, make ½ turn right strut back on left foot
- 5-8 Rock back on right, forward on left, right toe strut forward
- 1-4 Make ½ turn right strut back on left foot, rock back on right, forward on left
- 5-8 Toe strut right to right side, rock left behind right, forward onto right
- 1-4 Toe strut left to left side, rock right behind left, forward onto left
- 5-6 Making a ¼ turn right toe strut forward
- 7-8 Over 2 counts spin ¾ turn right on right foot and step left next to right