

# L.O.A. (Left Outside Alone)

**COPPER** **KNOB**  
BY STEPHEN HETS

拍數: 32      牆數: 4      級數: Intermediate/Advanced  
編舞者: Maggie Gallagher (UK)  
音樂: Left Outside Alone - Anastacia



## ROCKING CHAIR, SCUFF, HITCH SIDE STEP, SIDE SWITCHES, MODIFIED ¾ 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 ¾ 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 ¼ turn right, step onto left making ¾ 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

## ½ TURN RIGHT, ROCKS, TWINKLE, FULL PADDLE TURN RIGHT, STEP LEFT

1&2      Make ½ 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

## 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

## ¼ RIGHT TWICE, HIP BUMPS, ¼ RIGHT TWICE, HIP BUMPS

1-2      ¼ turn right stepping forward on right, ¼ turn right stepping left to left side  
3&4      Bump hips left, right, left (keeping weight on left)  
5-6      ¼ turn right stepping forward on right, ¼ turn right stepping left to left side  
7&8      Bump hips left, right, left (ending with weight on left)