



The British Association of Teachers of Dancing

Pavilion 8, Upper Level, Watermark Business Park, 351 Govan Road, Glasgow, G51 2SE
Telephone: 0141 427 3699

OUTTA LOVE DANCE STEPS INSTRUCTION SHEET

Anastacia124 count 4 wall Phrased Intermediate level line dance.

Suggested Music: "I'm Outta Love"

Choreographed by Lisa and Joe Mason - August 2000

- 1 – 16 (Verse)- Kick ball change, x2, paddle ½ turn, rock forward ½ turn shuffle x2**
- 1-4 Kick right foot forward, stepping right left, ball change, repeat
5-8 Step forward right paddle ¼ turn left and repeat to face back
9-12 Rock forward right rock back left, shuffle turning ½ turn right
13-16 Rock forward left rock back right, shuffle turning ½ turn left
- 17 – 32 Heel switches, right grapevine, turning grapevine left, two pivot ½ turns**
- 17-20 Place right heel forward, spring onto right and place left heel forward, spring onto left and place right heel forward, clap
21-28 Grapevine right, turning/rolling grapevine left
29-32 Stepping forward on right foot two pivot ½ turns turning left
- 33 – 68 Repeat all of above finishing with a jazz box**
- 33-64 Repeat all of the above to finish facing front wall
65-68 Jazz box on right foot, cross right over left, step back left step right to right side, step left next to right
- 69 – 84 (Chorus) Out out, in in, x2, heel jacks, hip bumps**
- 69-72 Jump feet apart right left, (out out), jump feet together, right left,(in in) and repeat finishing with weight on right left foot free
&73&74 Step back on left foot touching right heel forward, step back to place on right foot, and step left foot next to right, weight on left
&75&76 Step back on right foot touching left heel forward, step onto left foot back to place, touching right foot next to left, weight on left
77-80 Step right foot forward bump hips right twice, repeat left stepping left forward
81-84 Step right foot to right side and swing hips right left right left, weight on left

Remember you will find other great dances like this one at
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- 85 – 100** **Step close right shuffle point front side front turn 1/4 turn left, rock forward back, back shuffle, rock back forward, forward shuffle**
- 85-88 Step right foot to right side, step left next to right, chasse/shuffle to right side, stepping right, left, right
- 89-92 Point left toe forward, point toe to the left side, point toe forward, step to left turning ¼ turn left
- 93-96 Rock forward on right foot, rock back on left, shuffle backwards on right foot
- 97-100 Rock back on left foot, rock forward on right, shuffle forwards on left foot
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- 101 - 108** **Vaudevilles**
- 101-102 Step right foot to right side, cross left behind
- &103 Step right in place, cross step left over right, weight on left
- &104 Step right to right side touching left heel forward at an angle
- &105&106 Step left in place, cross right over left, step left to left side touching right heel forward at an angle
- &107&108 Step right in place, cross left over right, step right to right side touching left heel forward at an angle
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- 109 - 124** **Rock sailor step x2, kick and touch, Monterey turns x2**
- 109-110 Rock left foot to left side, rock back into place on right
- 111&112 Cross left behind right, step right to right side, step left in place
- 113&114 Cross right behind left, step left to left side, step right in place
- 115-116 Kick left foot forward, step left in place, touch right next to left
- 117-124 Point right toe to right side, pivot on ball of left turning ½ turn right stepping right next to left, point left toe to left side, step left next to right, repeat Monterey

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Repeat above from counts 1 – 124 then into the following TAG :-

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|-------|---|
| 1-4 | Rock right foot to right side, rock onto left in place, step in place right left right (cha cha cha) |
| 5-8 | Repeat to left side, |
| 9-16 | Repeat above twice more rocking forward on right then back on left |
| 17-24 | Four paddle turns starting on right foot, turning left to complete a full turn |
| 25-28 | Jump both feet apart, jump feet crossing right behind and left in front of right, unwind $\frac{1}{2}$ turn right, weight on left and hold for one count (alternatively if you're not feeling energetic complete a Monterey turn right) |

Repeat dance from count 1 until the music fades but on this rotation miss out the jazz box counts 65-68 to fit with the music.

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