

To My Ex

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Rebecca Armstrong (SCO) - October 2016

Musik: Shout Out to My Ex - Little Mix



4 count intro

2 Tags end of walls 5 and 11

[1-8] Cross side ¼ sailor, rock fwd recover & Rock back recover

- 1-2 Cross R over L, step L to L side
- 3&4 make a ¼ turn R stepping R behind L , step L to L side, step R to R side
- 5,6& Rock fwd on L, recover on to R , step L beside R
- 7-8 rock back on R, recover on to L

[9-16] Step point, step ½ turn, right side shuffle, behind side cross

- 1-2 step fwd on R, point L to L side
- 3-4 step fwd on L, pivot ½ turn over R shoulder (keeping weight on L)
- 5&6 step R to R side, step L beside R,

[17-24] Side step together, cross shuffle, ½ turn, fwd shuffle

- 1-2 step R to R side , step L beside R
- 3&4 step R across L , step L to L side, step R across L
- 5-6 make ¼ R stepping back on L, make ¼ turn R stepping R to R side
- 7&8 step fwd on L, step R beside L, step fwd on L

[25-32] Touch behind, step back, coaster, rocking chair

- 1-2 touch R behind L, step back on R
- 3&4 step back on L, step R beside L , step fwd on L
- 5-6 rock fwd on R, recover back on to L
- 7-8 rock back on R, recover fwd on L

Tag at end of wall 5 – 8 counts

4 x ¼ hip bumps

- 1-2 make ¼ turn R bumping hips to the right, bump hips L

Repeat another 3 times making a full turn in total

Tag at end of wall 11 – 4 counts

Rocking chair

- 1-2 rock fwd on R, recover back on to L
- 3-4 rock back on R, recover fwd on L

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