

Dedication to My Ex



Count: 128

Wall: 2

Level: Phrased Improver

Choreographer: Agnethe Hansen

Music: Dedication to My Ex (Miss That) by Lloyd



Sequence A = 64 count

Grapevine $\frac{1}{4}$ turn right, step $\frac{1}{4}$ turn left, trawling twist left

- 1 – 4 Step right to side, step left behind right, step $\frac{1}{4}$ turn right, step $\frac{1}{4}$ turn left
5 – 8 Twist heels to left, twist toes to left, twist heels to left, twist toes in center

Rocking chair right, Pivot $\frac{1}{2}$ turn left, cross step, toe point left

- 1 – 4 Rock forward on right, rock back on left, Rock back on right, rock forward on left
5 – 8 Step forward on right, pivot $\frac{1}{2}$ turn over left shoulder, step right slightly over left, left toe beside right

Grapevine $\frac{1}{4}$ turn left, step $\frac{1}{4}$ turn right, trawling twist right

- 1 – 4 Step left to side, step right behind left, step $\frac{1}{4}$ turn left, step $\frac{1}{4}$ turn right
5 – 8 Twist heels to right, twist toes to right, twist heels to right, twist toes in center

Monterey $\frac{1}{2}$ turns right x 2

- 1 – 4 Touch right toe to right side, on ball left-rotated a $\frac{1}{2}$ turn right, right foot next to left and weight shift to right foot, touch left toe to left side, and back beside right
5 – 8 Touch right toe to right side, on ball left-rotated a $\frac{1}{2}$ turn right, right foot next to left and weight shift to right foot, touch left toe to left side, and back beside right

Rocking chair right, Pivot hips $\frac{1}{4}$ turn left X 2

- 1 – 4 Rock forward on right, rock back on left, Rock back on right, rock forward on left
5 – 8 Step right forward, $\frac{1}{4}$ turn left with hips, Step right forward, $\frac{1}{4}$ turn left with hips

Rocking chair right, Pivot hips $\frac{1}{4}$ turn left X 2

- 1 – 4 Rock forward on right, rock back on left, Rock back on right, rock forward on left
5 – 8 Step right forward, $\frac{1}{4}$ turn left with hips, Step right forward, $\frac{1}{4}$ turn left with hips

Forward trawling cross points

- 1 – 4 Cross right over left, point left to the left side, cross left over right, point right to right side
5 – 8 Cross right over left, point left to the left side, cross left over right, point right to right side

Backwards trawling cross points, $\frac{1}{4}$ turn sailor step

- 1 – 4 Cross right back left, point left to left side, cross left back right, point right to right side
5 – 6 Cross right back left, point left to left side
7 & 8 $\frac{1}{4}$ turn left cross behind right, cross left behind right, right foot step to right

Sequence B = 64 count

Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right

- 1 – 2 & Touch right heel slightly over left foot twice, right foot beside left foot
3 – 4 & Touch left heel slightly over right foot twice, left foot beside right foot
5 – 6 Walk right forward, walk left forward
7 & 8 Kick right forward, step down on right, ball step left beside right

Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right

- 1 – 2 & Touch right heel slightly over left foot twice, right foot beside left foot
- 3 – 4 & Touch left heel slightly over right foot twice, left foot beside right foot
- 5 – 6 Walk right forward, walk left forward
- 7 & 8 Kick right forward, step down on right, ball step left beside right

Rock right forward, Back lock right, ½ turn left revers pivots, ¼ turn pivots right

- 1 – 2 Rock forward on right, recover onto left
- 3 & 4 Step back on Right, lock left over right, step back on right
- 5 – 6 Point left toe back, ½ turn left. Weight shift on to left
- 7 – 8 Step right foot forward, ¼ turn left

Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right

- 1 – 2 & Touch right heel slightly over left foot twice, right foot beside left foot
- 3 – 4 & Touch left heel slightly over right foot twice, left foot beside right foot
- 5 – 6 Walk right forward, walk left forward
- 7 & 8 Kick right forward, step down on right, ball step left beside right

Rock right forward, Back lock right, ½ turn left revers pivots, ¼ turn pivots right

- 1 – 2 Rock forward on right, recover onto left
- 3 & 4 Step back on Right, lock left over right, step back on right
- 5 – 6 Point left toe back, ½ turn left. Weight shift on to left
- 7 – 8 Step right foot forward, ¼ turn left

Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right

- 1 – 2 & Touch right heel slightly over left foot twice, right foot beside left foot
- 3 – 4 & Touch left heel slightly over right foot twice, left foot beside right foot
- 5 – 6 Walk right forward, walk left forward
- 7 & 8 Kick right forward, step down on right, ball step left beside right

Rock right forward, Back lock right, ½ turn left revers pivots, ¼ turn pivots right

- 1 – 2 Rock forward on right, recover onto left
- 3 & 4 Step back on Right, lock left over right, step back on right
- 5 – 6 Point left toe back, ½ turn left. Weight shift on to left
- 7 – 8 Step right foot forward, ¼ turn left

Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right

- 1 – 2 & Touch right heel slightly over left foot twice, right foot beside left foot
- 3 – 4 & Touch left heel slightly over right foot twice, left foot beside right foot
- 5 – 8 Step right forward, ¼ turn left with hips, Step right forward, ¼ turn left with hips

(Ending): Repeat the first 32 counts of sequence - B and end with 4 paddle turns facing (12.00)