

Ex Factor

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Ria Vos (NL), Ivonne Verhagen (NL), Lycia GARNIER, Daan Geelen (NL) & Giuseppe Scaccianoce (IT) - February 2020

Musique: Ex Factor - Wade Hayes



Intro: 32 Counts (17 sec)

SCUFF, SIDE, KNEE IN, KNEE OUT(PRESS), BODY MOVEMENT, SLIDE, CROSS SAMBA

- 1-2 Scuff R forward, step R to the right side
- 3-4 Turn R knee in, Turn right knee out & press to right side
- 5-6 Body movement (snake roll) to left (finish weight on L)
- 7&8 Cross R over L, Rock L to left side, Recover on R

CROSS, ¼ TURN LEFT, ¼ TURN LEFT CHASSE, HEEL JACK, HEEL JACK ¼ TURN LEFT

- 1-2 Cross L over R, ¼ turn left stepping back on R (9h)
- 3&4 ¼ turn left & L step to to the side, Step R to L, Step R to the side (6h)
- 5&6& Cross R over L, Step L to left side, Touch R heel fwd to right diagonal, Step R next to L
- &7&8 Cross L over R, ¼ turn left step back on R, Touch L heel fwd to left diagonal, Step L next to R (3h)

KICK OUT OUT, SWIVEL RIGHT FOOT IN, / HITCH, SLIDE, BEHIND SIDE CROSS, SIDE

- 1&2 Kick R fwd, step out on R, Step out on L
- 3&4 Swivel R heel in, Swivel R toe in, Hitch R knee over left
- 5 Step R big step to right side
- 6&7 Step L behind R, Step R to right side, Cross L over R
- 8 Step R to the right side

SAILOR STEP, SAILOR ¼ TURN RIGHT, STEP ¾ TURN RIGHT, SLIDE LEFT

- 1&2 Step L behind R, Step R to right side, Step L to the left side
- 3&4 Step R behind L, ¼ turn R & Step L next to R, Step fwd on R (6h)
- 5-6 Step fwd on L, Pivot ¾ turn R (3h)
- 7-8 Slide L to the left side, Drag R towards L

No Tags or Restarts!

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