

Compte: 64 Mur: 4 Niveau: Phrased Intermediate

Chorégraphe: Danielle Bradley (USA) - November 2023

Musique: exes - Tate McRae



### Phrased Dance (AA BAAA BAAA) Brief Tag, No Restart

The dance starts with the chorus around 16 seconds/counts.

#### Part A: 32c

### [1-8] R HIP ROLL, RIGHT SAILOR, LEFT SAILOR, ½ MONTEREY TURN (HALF TURN)

1,2 Hip roll in a circle (1-2)

3&4 Sailor step right: LF behind RF (3), R side (&), L side(4) 5&6 Sailor step left: RF behind LF (5), L side (&), R side(6)

7,8 Point LT to L, ½ Monterey Turn with a sweep, turning over LS, continuing sweep 180

degrees (7-8)

#### I9-16I CROSS SHUFFLE. ROCK LEFT. BEHIND SIDE CROSS. PRESS RF TO R. STEP RF FORWARD

1&2 Cross RF over LF (1), step LF behind RF (&), cross RF over LF (2)
3,4 Step LF to left side with weight distribution (3), replace weight onto RF (4)

5&6 Step LF behind RF (5), step RF to R, cross step LF over RF

7&8 Press RF to R (7), Recover weight onto LF (&), Step RF forward (8)

#### [17-24] RONDE WITH LF, RONDE WITH RF, RF SCUFF, JAZZ BOX WITH 1/4 TURN R

1,2 Sweep LF from LS to in front of RF and shift weight onto LF (1-2)

3,4& Sweep RF back around to in front of LF (3-4), scuff and flick RF towards front (&)

5,6 Step RF over LF (5), Step back on LF while making a ½ turn right (6)

7,8 Step RF to RS (7), Step LF next to RF (8)

## [25-32] DOUBLE HIP BUMPS RIGHT, DOUBLE HIP BUMPS LEFT, DOUBLE HEEL RIGHT, DOUBLE HEEL LEFT

1,2 Hip bump right (1), Hip bump right (2) 3,4 Hip bump left (3), Hip bump left (4)

5,6& Tap R heel fwd (5), tap R heel fwd (6), bring R together (&) 7,8& Tap L heel fwd (7), tap L heel fwd (8), bring L together (&)

Brief Tag: after first Part A for four counts with music briefly stopping, blow a kiss then start Part A again

#### Part B: 32c

# always when "I'm a Wild Ride..." First Part B will start facing 6:00, Second Part B will start facing 12:00 [1-8] BACK RODEO, BACK RODEO, R COASTER, TRIPLE FORWARD L,

1,2 Press into RF and pull up to knee height with lasso hand motion with momentum taking you back (1), recover weight on LF (2)

3,4 Press into RF and pull up to knee height with lasso hand motion with momentum taking you

back (3), recover weight on LF (4)

5&6 R Coaster Step; step RF back (5), step LF next to RF (&), step RF forward (6)

7&8 Triple step with LF leading (LF(7), RF(&), LF(8))

#### [9-16] FORWARD DOWN KNEEL, ½ TURN WITH FORWARD TRIPLE, FULL SPIN, FORWARD TRIPLE

1&2 Step RF forward while kneeling down with hands by heart (1), recover weight back onto LF (2)

3&4 Turn ½ over RS while doing a triple step with RF leading (RF(3), LF(&), RF(4))

5.6 Full turn over RS, turn should finish with weight on RF (5-6)

7&8 Triple step with LF leading (LF(7), RF(&), LF(8))

### [17-24] SIDE R SWEEP KNEE HITCH, RF F, STOMP LF, STOMP RF

1,2 Sweep R knee over L knee as a hitch, letting momentum turn your body ¼ turn right (1) (1st

part you'll be facing 3:00; second time facing 9:00), Step RF forward while making a 1/4 turn

right (2) (1st part you'll be facing 6:00; second time facing 12:00)

3,4 Stomp LF (3), Stomp RF (4)

5,6,7,8 Counterclockwise hip roll starting LS around (5-8)

## [25-32] POINT RF TO R, POINT LF TO L, POINT RF FORWARD, POINT LF FORWARD, CROSS RF OVER LF WITH $\frac{3}{4}$ TURN OVER LS

1&2& Point RF to RS (1), Bring RF back together (&), Point LF to LS (2), Bring LF back together (&)

3&4& Point RF forward (3), Bring RF back together (&), Point LF forward (4), Bring LF back

together (&)

5,6,7,8 Cross RF over LF (5), Spin <sup>3</sup>/<sub>4</sub> over LS (6-8)

Have fun! There are so many ways you can customize this and added flare, especially with the arms/upper body□

Contact: dancingdanielle.com or Email at Bradley.danielle.c@gmail.com