

拍數: 64

級數: Phrased Intermediate

編舞者: Danielle Bradley (USA) - November 2023

牆數: 4

音樂: 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)

## [9-16] 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 ¼ 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 ¼ 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 <sup>1</sup>/<sub>2</sub> 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 ¼ 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

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