

# Shout Out To My Ex

Count: 96

Wall: 2

Level: Phrased Intermediate

Choreographer: Alison Metelnick (UK) & Peter Metelnick (UK) - October 2016

Music: Shout Out to My Ex - Little Mix



Start after 8 count intro – they sing ‘This is a shout out to my ex’ – come in on the word ‘ex’ around 2 secs into song – 126 bpm – 4mins 06secs

Music Available from Amazon

Seq: AAA B Tag 1 AAA BB Tag 2 BB to end – finishes on front wall with R kick ball change & just strike a pose ta da!

## A – 32 counts

**A[&1-8] R & L apart, hold, R touches fwd & side, R sailor, ¼ L sailor step**

&1-4 Step R apart, step L apart, hold, touch R forward, touch R side

5&6 Cross step R behind L, step L side, step R side

7&8 Turning ¼ left cross step L behind R, step R side, step L side (9 o'clock)

**A[&9-16] R & L apart, hold, R touches fwd & side, R behind/side/cross, L side rock/recover**

&1-4 Step R apart, step L apart, hold, touch R forward, touch R side

5&6 Cross step R behind L, step L side, cross step R over L

7-8 Rock L side, recover weight on R

**A[17-24] Modified L heel jack touch, R back, L heel fwd, hold, step L back, R heel jack**

1-2 Cross step L over R, hold

&3&4 Step R back, touch L heel forward, step L in place, touch R together

&5-6 Step R back, touch L heel forward, hold

&7&8 Step L back, cross step R over L, step L back, touch R heel forward

**A[&25-32] R ball cross, hold, R ball cross 2x, R side, ¼ L & L side, walk fwd 2**

&1-2 Step R back, cross step L over R, hold

&3&4 Step R side, cross step L over R, step R side, cross step L over R

5-8 Step R side, turning ¼ left step L side, step R forward, step L forward (6 o'clock)

## B – 64 counts

**B[1-8] R fwd rock/recover, ½ R shuffle, ½ R shuffle, R back rock/recover**

1-2 Rock R forward, recover weight on L

3&4 Turning ½ right step R forward, step L together, step R forward

5&6 Turning ½ right step L back, step R together, step L back (6 o'clock)

7-8 Rock R back, recover weight on L

**B[9-16] R/L fwd cross points, R jazz box ¼ R to ball cross 2X**

1-4 Cross step R over L, point L side, cross step L over R, point R side

5-6 Cross step R over L, turning ¼ right step L back

&7&8 Step R to R side, cross step L over R, step R to R side, cross step L over R (9 o'clock) 2 | P a g e

**B[17-24] R & L syncopated side rocks, L cross step, ½ L hinge, R cross step**

1-2& Rock R side, recover weight on L, step R together

3-4 Rock L side, recover weight on R

5-8 Cross step L over R, turning ¼ left step R back, turning ¼ left step L side, cross step R over L (3 o'clock)

**B[25-32] L side rock/recover, ¼ L toaster, R ball step fwd hold, R kick ball step fwd**

- 1-2 Rock L side, recover weight on R  
3&4 Turning ¼ left step L back, step R together, step L forward (12 o'clock)  
&5-6 Step R forward, step L forward, hold  
7&8 Kick R forward, step R together, step L forward

**B[33-40] R fwd, ¼ L pivot turn, R cross step, hold, L ball cross to ½ R hinge, L cross step**

- 1-4 Step R forward, pivot ¼ left, cross step R over L, hold (9 o'clock)  
&5-8 Step L side, cross step R over L, turning ¼ right step L back, turning ¼ right step R side, cross step L over R (3 o'clock)

**B[41-48] R step touch, L kick ball cross, L side together, L fwd shuffle**

- 1-2 Step R side, touch L together  
3&4 Kick L side, step L side, cross step R over L  
5-6 Step L side, step R together  
7&8 Step L forward, step R together, step L forward

**B[49-56] ½ L hinge turn, R cross shuffle, L step touch, R kick ball cross**

- 1-2 Turning ¼ left step R back, turning ¼ left step L side (9 o'clock)  
3&4 Cross step R over L, step L side, cross step R over L  
5-6 Step L side, touch R together  
7&8 Kick R forward, step R side, cross step L over R

**B[57-64] R side rock/recover, R sailor, ¼ L toaster, R fwd, ½ L pivot turn**

- 1-2 Rock R side, recover weight on L  
3&4 Cross step R behind L, step L side, step R side  
5&6 Turning ¼ left step L back, step R together, step L forward  
7-8 Step R forward, pivot ½ left (12 o'clock)

**Ending: Final wall will end facing front here after 32 counts**

**TAG 1: 8 counts**

- &1-4 Step R apart, step L apart, step R forward, pivot ½ L, step R forward (6 o'clock)  
&5-8 Step L apart, step R apart, step L forward, pivot ½ R, step L forward (12 o'clock)

**Tag 2: 4 counts**

- 1-4 Walk around ½ left to front wall in 4 counts; R, L, R, L

**Contact ~ Email: [info@thedancefactoryuk.co.uk](mailto:info@thedancefactoryuk.co.uk) - Website: [www.thedancefactoryuk.co.uk](http://www.thedancefactoryuk.co.uk)**

---