

# My L.A. Ex.

Count: 32

Wall: 4

Level: Novice

Choreographer: Daniel Trepát (NL) - August 2004

Music: Sweet Dreams My la Ex - Rachel Stevens



## Cross, unwind, sailorstep, sailor ¼ turn.

- & LF Step to left side
- 1 RF Cross behind LF
- 2,3,4 Full turn to the right
- 5 RF Cross behind LF
- & LF Small step to left side
- 6 RF Step in place
- 7 LF Cross behind RF
- & RF 1/4 turn left en step to right side
- 8 LF Step forward

## ¼ turn, touch, ¼ turn, step, 2x, reverse coaster slide, out-out.

- 1 RF Turn ¼ left and touch R.toe to right side
- 2 RF Turn ¼ left and step back
- 3 LF Turn ¼ left and touch L.toe to left side
- 4 LF Turn ¼ left and step forward
- 5 RF Step forward
- & LF Step next to RF
- 6 RF Large step back
- 7 LF Slide next to RF
- & LF Small step to left side
- 8 RF Small step to right side

## Bodyroll, diagonal shuffle, 3/8 turn left, ½ turn left, touch.

- 1 Sweep your head from right to left
- 2,3,4, Bodyroll from right to left
- 5 RF Step diagonally left backwards
- & LF Step next to RF
- 6 RF Step diagonally left backwards
- 7 LF Turn 3/8 left and step forward
- 8 RF Make ½ turn left on your LF and touch next to LF

## Side mambo rock, stomp up & cross, ¼ turn left, touch, side, touch.

- 1 RF Rock to right side
- & LF Recover weight
- 2 RF Step next to LF
- 3 LF Stomp up next to RF
- & LF Small step back
- 4 RF Cross over LF
- 5 LF Step ¼ turn left, wave your arms above your head from right to left
- 6 RF Touch toe next to LF
- 7 RF Step to right side, wave your arms above your head from left to right
- 8 RF Touch toe next to RF

Start over again

