

# Dedication to My Ex

Count: 128

Wall: 2

Level: Phrased Improver

Choreographer: Agnethe Hansen (DK) - March 2012

Music: Dedication to My Ex (Miss That) (feat. Andre 3000 & Lil Wayne) - Lloyd



## Sequence A = 64 count

### Grapevine ¼ turn right, step ¼ turn left, trawling twist left

- 1 – 4 Step right to side, step left behind right, step ¼ turn right, step ¼ turn left  
5 – 8 Twist heels to left, twist toes to left, twist heels to left, twist toes in center

### Rocking chair right, Pivot ½ turn left, cross step, toe point left

- 1 – 4 Rock forward on right, rock back on left, Rock back on right, rock forward on left  
5 – 8 Step forward on right, pivot ½ turn over left shoulder, step right slightly over left, left toe beside right

### Grapevine ¼ turn left, step ¼ turn right, trawling twist right

- 1 – 4 Step left to side, step right behind left, step ¼ turn left, step ¼ turn right  
5 – 8 Twist heels to right, twist toes to right, twist heels to right, twist toes in center

### Monterey ½ turns right x 2

- 1 – 4 Touch right toe to right side, on ball left-rotated a ½ turn right, right foot next to left and weight shift to right foot, touch left toe to left side, and back beside right  
5 – 8 Touch right toe to right side, on ball left-rotated a ½ turn right, right foot next to left and weight shift to right foot, touch left toe to left side, and back beside right

### Rocking chair right, Pivot hips ¼ turn left X 2

- 1 – 4 Rock forward on right, rock back on left, Rock back on right, rock forward on left  
5 – 8 Step right forward, ¼ turn left with hips, Step right forward, ¼ turn left with hips

### Rocking chair right, Pivot hips ¼ turn left X 2

- 1 – 4 Rock forward on right, rock back on left, Rock back on right, rock forward on left  
5 – 8 Step right forward, ¼ turn left with hips, Step right forward, ¼ turn left with hips

### Forward trawling cross points

- 1 – 4 Cross right over left, point left to the left side, cross left over right, point right to right side  
5 – 8 Cross right over left, point left to the left side, cross left over right, point right to right side

### Backwards trawling cross points, ¼ turn sailor step

- 1 – 4 Cross right back left, point left to left side, cross left back right, point right to right side  
5 – 6 Cross right back left, point left to left side  
7 & 8 ¼ turn left cross behind right, cross left behind right, right foot step to right

## Sequence B = 64 count

### Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right

- 1 – 2 & Touch right heel slightly over left foot twice, right foot beside left foot  
3 – 4 & Touch left heel slightly over right foot twice, left foot beside right foot  
5 – 6 Walk right forward, walk left forward  
7 & 8 Kick right forward, step down on right, ball step left beside right

### Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right

- 1 – 2 & Touch right heel slightly over left foot twice, right foot beside left foot  
3 – 4 & Touch left heel slightly over right foot twice, left foot beside right foot  
5 – 6 Walk right forward, walk left forward

7 & 8 Kick right forward, step down on right, ball step left beside right

**Rock right forward, Back lock right, ½ turn left revers pivots, ¼ turn pivots right**

1 – 2 Rock forward on right, recover onto left  
3 & 4 Step back on Right, lock left over right, step back on right  
5 – 6 Point left toe back, ½ turn left. Weight shift on to left  
7 – 8 Step right foot forward, ¼ turn left

**Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right**

1 – 2 & Touch right heel slightly over left foot twice, right foot beside left foot  
3 – 4 & Touch left heel slightly over right foot twice, left foot beside right foot  
5 – 6 Walk right forward, walk left forward  
7 & 8 Kick right forward, step down on right, ball step left beside right

**Rock right forward, Back lock right, ½ turn left revers pivots, ¼ turn pivots right**

1 – 2 Rock forward on right, recover onto left  
3 & 4 Step back on Right, lock left over right, step back on right  
5 – 6 Point left toe back, ½ turn left. Weight shift on to left  
7 – 8 Step right foot forward, ¼ turn left

**Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right**

1 – 2 & Touch right heel slightly over left foot twice, right foot beside left foot  
3 – 4 & Touch left heel slightly over right foot twice, left foot beside right foot  
5 – 6 Walk right forward, walk left forward  
7 & 8 Kick right forward, step down on right, ball step left beside right

**Rock right forward, Back lock right, ½ turn left revers pivots, ¼ turn pivots right**

1 – 2 Rock forward on right, recover onto left  
3 & 4 Step back on Right, lock left over right, step back on right  
5 – 6 Point left toe back, ½ turn left. Weight shift on to left  
7 – 8 Step right foot forward, ¼ turn left

**Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right**

1 – 2 & Touch right heel slightly over left foot twice, right foot beside left foot  
3 – 4 & Touch left heel slightly over right foot twice, left foot beside right foot  
5 – 8 Step right forward, ¼ turn left with hips, Step right forward, ¼ turn left with hips

**(Ending): Repeat the first 32 counts of sequence - B and end with 4 paddle turns facing (12.00)**

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