

Shout Out to My Ex

Compte: 96

Mur: 0

Niveau: Phrased Intermediate

Chorégraphe: Ernie Yin (INA) - November 2024

Musique: Shout Out to My Ex - Little Mix



Sequence: A A B C C TAG1 A A B C C C C TAG2 C C C

Start on vocal

PART A: 32c

S.1 SLIDE - BALL CROSS - SIDE - BACK SIDE CROSS - SIDE ROCK

- 1 2 & Slide Rf to right side - Drag Lf toward Rf - Close Lf ball next to Rf
3 4 Step Rf cross over Lf - Step Lf to left side
5 & 6 Step Rf behind Lf - Step Lf to left side - Step Rf cross over Lf
7 8 Step Lf to left side - Recover on Rf

S.2 CROSS - HOLD - BALL CROSS - SIDE - SAILOR STEP - CROSS - TURN 1/4 R

- 1 2 & Step Lf cross over Rf - HOLD - Step Rf ball slightly right
3 4 Step Lf cross over Rf - Step Rf to right side
5 & 6 Step Lf behind Rf - Step Rf beside Lf - Step Lf to left side
7 8 Step Rf cross over Lf - Turn 1/4 R Step Lf back

S.3 SLIDE 2 COUNT - CROSS SHUFFLE - SIDE TOUCH WITH HIP ROLL 2X - TURN 1/4 R

- 1 2 Slide Rf to right side for 2 count
3 & 4 Step Lf cross over Rf - Step Rf to right side - Step Lf cross over Rf
5 6 Step Rf to right side roll hip from L to R - Touch Lf in place
7 8 Step Lf to left side roll hip from R to L Turn 1/4 R - Touch Rf in place

S.4 FORWARD ROCK BODY ROLL - BACK BACK TOUCH - SIDE ROCK - WALK

- 1 2 Step Rf forward - Recover on Lf (body roll from forward to back)
& 3 4 Step Rf next to Lf - Step Lf back - Touch Rf next to Lf
5 6 Step Rf to right side - Recover on Lf
7 8 Walk forward on R - L

PART B: 32c

S.1 SIDE ROCK R & L & FORWARD - SLIDE BACK

- 1 2 & Step Rf to right side - Recover on Lf - Close Rf next to Lf
3 4 & Step Lf to left side - Recover on Rf - Close Lf next to Rf
5 6 Step Rf forward - Recover on Lf
7 8 Slide Rf back for 2 count

S.2 CLOSE - WALK - SIDE ROCK - BODY ROLL TO SIDE

- & 1 2 Close Lf next to Rf - Walk forward on R - L
3 4 Rf to right side - Recover on Lf
& 5 6 Close Rf next to Lf - Step Lf to left body lean to R body roll to side - Recover on Lf
& 7 8 Close Rf next to Lf - Step Lf to left body lean to R body roll to side - Touch Rf next to Lf

S.3 ROLLING - CHASSE - CROSS - TURN 1/4 L - CHASSE

- 1 2 Turn 1/4 R Step Rf forward - Turn 1/2 R Step Lf back
3 & 4 Turn 1/4 R Step Rf to right side - Close Lf next to Rf - Step Rf to right side
5 6 Step Lf cross over Rf - Turn 1/4 L Step Rf back
7 & 8 Step Lf to left side - Close Rf next to Lf - Step Lf to left side

S.4 SLOW WALK 1/4 L - WALK AROUND 1/2 L

- 1 2 Step Rf forward - HOLD
- 3 4 Turn 1/4 L Step Lf forward - HOLD
- 5 6 Turn 1/8 Step Rf forward - Turn 1/8 Step Lf forward
- 7 8 Turn 1/8 Step Rf forward - Turn 1/8 Step Lf forward

PART C: 32c

S.1 PONY STEP - COASTER - SIDE ROCK

- 1 & 2 Step Rf back slightly hitch Lf - Recover on Lf - Step Rf back slightly hitch Lf
- 3 & 4 Step Lf back slightly hitch Rf - Recover on Rf - Step Lf back slightly hitch Rf
- 5 & 6 Step Rf back - Close Lf next to Rf - Step Rf forward
- 7 8 Step Lf to left side - Recover on Rf

S.2 BACK SIDE CROSS - SIDE ROCK - SAILOR 1 /4 R - KICK BALL CHANGE

- 1 & 2 Step Lf behind Rf - Step Rf to right side - Step Lf cross over Rf
- 3 4 Step Rf to right side - Recover on Lf
- 5 & 6 Turn 1/4 R Step Rf behind Lf - Close Lf next to Rf - Step Rf forward
- 7 & 8 Kick Lf forward - Close Lf next to Rf - Step Rf forward

S.3 SHUFFLE FORWARD - PIVOT 1/4 L - CROSS SHUFFLE - TURN 1/2 R

- 1 & 2 Step Lf forward - lock Rf behind Lf - Step Lf forward
- 3 4 Step Rf forward - Turn 1/4 L Step on Lf
- 5 & 6 Step Rf cross over Lf - Step Lf to left side - Step Rf cross over Lf
- 7 8 Turn 1/4 R Step Lf back - Turn 1/4 R Step Rf to right side

S.4 FORWARD ROCK - BACK SHUFFLE - BACK ROCK - TURN 1/2 L - BACK

- 1 2 Step Lf forward - Recover on Rf
- 3 & 4 Step Lf back - lock Rf over Lf - Step Lf back
- 5 6 Step Rf back - Recover on Lf
- 7 8 Turn 1/2 L Step back - Step Lf back

TAG 1 :

- 1 2 Step Rf back - Close Lf next to Rf
- 3 4 Step Rf forward - Step Lf next to Rf but slightly forward
- & 5 6 Pop chest out - in (weight on centre) - Step Rf to right side
- 7 8 Recover on Lf - Touch Rf next to Lf

TAG 2 :

- 1 - 4 Step Rf to right side raise R hand up in 4 count
(weight on Lf on count 4)

HAVE FUN & ENJOY ...
