

Ex's & Oh's

拍数: 48 墙数: 4 级数: Phrased Intermediate
编舞者: Rick Dominguez (USA) & Jonno Liberman (USA) - July 2015
音乐: Ex's & Oh's - Elle King : (Album: Love Stuff - 3:22)



Sequence: AA BB AA- AA BB AAA BB AA B

Part A - 32 counts

A [1-8] Vaudeville, Ball Cross, Side, Sailor Heel, Hip Roll (12:00)

1&2 Cross R over L, Step L to left, Touch R heel to right
&3, 4 Step R next to L, Cross L over R, Step R to right
5&6 Cross L behind R, Step R to right, Touch L heel to left
7-8 Circle hips counterclockwise with weight finishing on R

A [9-16] Ball Cross, Hold, Ball Cross, Unwind, Kick x2, Coaster Step (6:00)

&1,2 Step L slightly to left, Cross R over L, Hold
&3,4 Step L slightly to left, Cross R over L, Turn 1/2 left while keeping weight on R (6:00)
5,6 Kick L forward, Kick L slightly left
7&8 Step L back, Step R next to L, Step L forward

A [17-24] Swivel, Hip Bump, Side Rock Switch x2 (6:00)

1, 2 Swivel heels left, Return heels to center finishing with weight on R
3, 4 Bump hips left, Return hips to center finishing with weight on R
&5, 6 Step L next to R, Rock R to right, Recover onto L
&7, 8 Step R next to L, Rock L to left, Recover onto R

A [25-32] Heel Grind, Coaster Step, 1/4 Heel Grind, Sailor Step (3:00)

1, 2 Rock forward onto R heel as you fan toes from left to right, Recover onto L
3&4 Step R back, Step L next to R, Step R forward
5, 6 Rock forward onto L heel and turn 1/4 left (3:00), Recover onto R
7&8 Cross L behind R, Step R to right, Step L to left

Part B - 32 Counts (1st repetition of Part B begins facing 6:00, 2nd 9:00, 3rd 6:00, 4th 12:00)

B [1-8] Walk x2, Cross Samba x2, 1/4 Kick (9:00)

1, 2 Step R forward, Step L forward
3, a4 Cross R slightly over L, Step L to left, Recover onto R
5, a6 Cross L slightly over R, Step R to left, Recover onto L
7, 8 Turn 1/4 right as you cross R over L (9:00), Kick L slightly left (optional: scuff or sweep)

B [9-16] Syncopated Weave, 1/4, 1/2 Triple, 1/2 Pivot (6:00)

1&2&3 Cross L over R, Step R to right, Cross L behind R, Step R to right, Cross L over R
4 Turn 1/4 left as you step R back (6:00)
5&6 Turn 1/4 left as you step L to left, Step R next to L, Turn 1/4 left as you step R forward (12:00)
7,8 Step R forward, Turn 1/2 left (6:00)

Restart will occur on the 4th repetition of Part A. You'll restart after the first 16 counts facing 3:00.

Dance Your Yaaas Off

OneRADDJ@gmail.com – DanceJonnoDance@gmail.com

Last Update: 6 Oct 2023

