

# Shout Out!

拍数: 32                      墙数: 4                      级数: Low Intermediate  
编舞者: Sara Lynn (USA) - January 2017  
音乐: Shout Out to My Ex - Little Mix : (iTunes)



**Intro: 4 counts (start on word ex)**

**[1 – 8] cross hitch, point, left sailor, cross hitch, point, right sailor ¼ turn**

1, 2                      (1) cross hitch right leg across left, (2) point right toe out to right side  
3&4                      (3) step right foot behind left, (&) step left foot to left side, (4) step right foot to right side  
5, 6                      (5) cross hitch left leg across right, (6) point left toe out to left side  
7&8                      (7) step left foot behind right, (&) step right foot to right side making ¼ turn left (9:00), (8) step left to left side

**[9 - 16] heel x2, step, ¼ turn, heel x2, step, ¼ turn**

1&2                      (1) tap right heel forward, (&) step right foot next to left, (3) tap left heel forward  
&3,4                      (&) step left foot next to right, (3) step right foot forward, (4) pivot ¼ switching weight to left (6:00)  
5&6                      (5) tap right heel forward, (&) step right foot next to left, (6) tap left heel forward  
&7,8                      (&) step left foot next to right, (7) step right foot forward, (8) pivot ¼ switching weight to left (3:00)

**[17 - 24] step lock, forward shuffle, rock, recover, sailor ¼ turn**

1,2                      (1) step right foot forward, (2) lock left foot behind right foot forward  
3&4                      (3) step right foot forward, (&) step left foot next to right, (4) step right foot forward  
5, 6                      (5) rock forward on left foot, (6) recover on right foot  
7&8                      (7) ¼ left stepping left behind right, (&) step right slightly to right side, (8) step left forward (12:00)

**[25 - 32] kick ball change, forward rock recover, ¼ side rock recover, side rock recover**

1&2                      (1) kick right foot forward, (&) step right foot next to left, (2) step left foot forward  
3,4                      (3) rock forward on right foot, (4) recover on left foot  
&5,6                      (&) step right foot next to left, (5) make a ¼ left rocking onto left foot (to side), (6) □recover to right  
&7,8                      (&) step left foot next to right, (7) rock right to right side, (8) recover to left

**BEGIN AGAIN!! HAVE FUN!!**

**Tag #1– 8 counts at the end of wall 5 (facing 9:00)**

1, 2                      (1) cross hitch right leg across left, (2) point right toe out to right side  
3&4                      (3) step right foot behind left, (&) step left foot to left side, (4) step right foot to right side  
5, 6                      (5) cross hitch left leg across right, (6) point left toe out to left side  
7&8                      (7) step left foot behind right, (&) step right foot to right side making 1/2 turn left, (8) step left to left side

**Tag #2 – 4 counts at the end of wall 12 (facing 6:00)**

1-4                      with palms open, arms extended, slowly raise arms from hips to meet above head

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