

Cheers To My Ex

COPPER KNOB
BY STEPHEN

拍数: 112 墙数: 1 级数: Phrased Intermediate
编舞者: Darcie DeAngelis (USA) - February 2017
音乐: Shout Out to My Ex - Little Mix



Phrasing: A-A BB TAG1 A-A BB CCB TAG2 BBCC □□

Intro: 4 counts, start on "ex"

A: 64 counts

(A1-8) Step, Hold, Ball Cross, 1/4 1/2 1/4, Weave, Rock Recover

1 2 Step R to R (1) Hold (2)
&3 4 Step ball of L next to R (&) Cross R over L (3) Turn 1/4 R, stepping L back (4)
5 6& Turn 1/2 R, stepping R forward (5) Turn 1/4 R [9:00], stepping L to L (6) Cross R behind L (&)
7&8& Step L to L (7) Cross R over L (&) Rock L to L (8) Recover R (&)

(A9-16) Cross, Hold, 1/2 Turn Triple, Rock Recover, 1/2 Turn Triple

1 2 3 Cross L over R (1) Hold (2) Step R to R (3)
4&5 Turn 1/2 L [3:00], stepping L forward (4) Step R next to L (&) Step L forward (5)
6 7 Rock R forward [to 1:30] (6) Recover L (7)
8&1 Turn 1/4 R, stepping R to R (8) Step L next to R (&) Turn 1/4 R [9:00], stepping R forward (1)

(A17-24) Figure 8 Hips, 1/4 Turn L Sailor, Chase 3/4 Turn

2 3 Making 1/4 turn R, Step L to L (2) Roll hips L (2 3)
4 5 Roll hips R, making figure "8" shape, weight ending R (4 5)
6&7 Step L behind R (6) Step R to R (&) Turn 1/4 L, step L to L and slightly forward (7)
8&1 Step R forward (8) Turn 1/2 L, stepping L in place (&) Turn 1/4 stepping R to R (1)

(A25-32) Weave, Toe Drag, Cross, L Coaster

2 3&4 Hold (2) Cross L behind R (3) Step R to R (&) Cross L over R (4)
5 6 With R knee bent, drag R toe to L foot, rotating body to 10:30 diagonal (5) Cross R over L (6)
7&8 Step L back (7) Step R next to L (&) Step L forward (8)

(Dance to here for A-)**

(A33-40) Cross Rock Recover Step, Cross Rock Recover Step, Forward, 1/2, 1/4, Behind Side

1 2& Rock R across L (1) Recover L (2) Step R next to L (&)
3 4& Rock L across R (3) Recover R (4) Step L next to L (&)
5 6 Step R forward (5) Turn 1/2 L, transferring weight to L (6)
7 8& Turn 1/4 L [3:00], stepping R to R (7) Cross L behind R (8) Step R to R (&)

(A41-48) Cross, Ball Cross, Side Rock Recover Cross

1 2&3 Cross L over R (1) Hold (2) Step ball of R to R (&) Cross L over R (3)
&4 5 Rock R to R (&) Recover L (4) Cross R over L (5)
6 7 8 Turn 1/4 R, stepping L back (6) Turn 1/2 R, stepping R forward (7 8)

(A49-56) Walk LR, Rock Recover, 1/2, 3/4 Platform Turn

1 2 3 4 Step L forward (1 2) Step R forward (3 4)
5 6 Rock L forward (5) Recover R (6)
7 8 Turn 1/2 L, stepping L forward (7) Turn 3/4 L [9:00], bringing R next to L, weight ending R (8)

(A57-64) Walk Full Counterclockwise Circle

1 2 Making full circle in counterclockwise direction, step L forward (1 2)
3 4 Step R forward (3) Step L forward (4)
5 6 7 8 Step R forward (5 6) Step L forward (7) Step R forward [to 12:00] (8)

B: 32 counts**(B1-8) Back Hitch x 3, Full Paddle Turn**

1 2 Step L forward (1) Step R back, hitching L (2)
 &3&4 Press weight to ball of R (&) Step R back, hitching L (3) Press weight to ball of R (&) Step R back, hitching L (4)
 5 6 7 8 Full turn R, touching L to L (5 6 7 8)

(B9-16) Side L, R Sailor, Step Sweep, R Sailor, Ball Cross, Unwind

1 2&3 Step L to L (1) Step R behind L (2) Step L to L (&) Step R to R and slightly forward (3)
 4 5&6 Step L behind R, releasing R to sweep from to back (4) Step R behind L (5) Step L to L (&) Step R to R and slightly forward (6)
 7 8 Cross L over R (7) Unwind full rotation R (8)

(B17-24) L Shuffle, Cross Back Side, Forward L R, Heel Swivel L-Center

1&2 Step L to L (1) Step R next to L (&) Step L to L (2)
 3&4 Cross R over L (3) Step L back (&) Step R to R (4)
 5 6 Step L forward (5) Step R forward (6)
 7 8 Swivel both feet on toes toward L (7) Return to neutral position, weight to L (8)

(B25-32) R Coaster, L Forward, Hitch R, R Step Down, L Knee to Floor, Point R, Up

1&2 Step R back (1) Step L next to R (&) Step R forward (2)
 3 4 Step L forward (3) Hitch R (4)
 5 6 Step R down next to L (5) Lower body, placing L knee on floor (6)
 7 8 Point R leg to R side (7) Place R next to L knee, to raise to standing position (8)

****Alternate for 6,7,8 (remain standing): Step L in place, remain standing (6) Point R to R (7) Step R next to L (8)**

C: 16 counts (Second C-all stand)**(C1-8) Body Circle, Full Turn, Body Circle****Kneeling:**

&1 2 Bring R foot in to R angle (&) Circle upper body R, up, L down (1 2)
 3 4 Circle upper body R, up, L down (3 4)
 5 6 Make 1/2 turn L, bringing R knee down (5) Make 1/2 turn L, bringing L knee up (6)
 7 8 Circle upper body L, up, R down (7 8)

Standing:

1 2 Circle upper body R, up, L down (1 2)
 3 4 Circle upper body R, up, L down, weight ending R (3 4)
 5 6 Make 1/4 turn L, stepping L to L (5) Make 1/2 turn L, stepping R back (6)
 7 8 Make 1/4 turn L, stepping L to L, circle upper body L, up, R, down (7 8)

(C9-16) Body Circle, Full Turn, Side Touch, Coaster**Kneeling:**

1 2 Circle upper body L, up, R down (1 2)
 3 4 Make 1/2 turn R, bringing L knee down (3) Make 1/2 turn R, bringing R knee up (4)
 5 6 Stand up on R (5) Touch L next to R (6)
 7&8 Step L back (7) Step R next to L (&) Step L forward (8)

Standing:

1 2 Circle upper body L, up, R down (1 2)
 3 4 Make 1/4 turn R, stepping R to R (3) Make 1/2 turn R, stepping L back (4)
 5 6 Make 1/4 turn R, stepping R to R (5) Touch L next to R (6)
 7&8 Step L back (7) Step R next to L (&) Step L forward (8)

Tag 1 (8 counts)**Circle, Up, Chest Pop, Jazz Box**

&1 2 Bring R foot in to R angle (&) Circle upper body R, up, L down (1 2)
3 4 Stand (3 4)
&5 6 Pop chest forward (&) Contract chest in (5) Cross R over L (6)
&78 Step L back (&) Step R to R (7) Step L forward (8)

Tag 2 (4 counts)

Arms

1 With feet together bend knees, arms down at sides (1)
2 3 4 Raise arms out at sides to straight up while straightening legs (2 3 4)

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