

Shout Out 2 My Ex

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Tim Gauci (AUS) - January 2017
音乐: Shout Out to My Ex - Little Mix : (Album: iTunes single)



Begin dance 4 beats in – this is a Shout Out to My, begin on lyric 'Ex'□

[1-8]□STEP, HOLD, TOG, WALK, WALK, FWD, ROCK, COASTER STEP□

12&34 Step L fwd, hold, step R tog (&), walk fwd L,R□12.00
567&8 Step L fwd, rock weight onto R, step L back, step R tog (&), step L fwd□12.00

[9-16]□STEP, PADDLE, CROSS SHUFFLE, ¼, ¼, FWD SHUFFLE□

123&4 Step R fwd, paddle ¼ turn L, cross shuffle R over L (RLR)□9.00
567&8 Making ¼ turn R step L back, making ¼ turn R step R to R, shuffle fwd LRL□3.00

[17-24]□FWD, ROCK, BACK SHUFFLE, BACK, TOUCH, BACK, TOUCH, COASTER STEP□

123&4 Step R fwd, rock weight back onto L, shuffle back RLR □3.00
&5&67&8 Step L back (&), touch R toe fwd, step R back (&), touch L toe fwd, step L back, step R tog (&), step L fwd□3.00

[25-32]□ROCKING CHAIR, STEP, PIVOT ½, STEP, PIVOT 225DEG□

1234 Step R fwd, rock weight back onto L, step R back, rock weight fwd onto L□3.00
5678 Step R fwd, pivot ½ turn L**, step R fwd pivot 225deg L (to the diagonal)□1.30

[33-40]□WALK, WALK, FWD COASTER, BACK, ½, SHUFFLE FWD□

123&4 Walk fwd R,L, step R fwd, step L tog (&), step R back□1.30
567&8 Step L back, making ½ turn R step R fwd, shuffle fwd LRL□7.30

[41-48]□WALK, WALK, FWD COASTER, BACK, ½, 45DEG SIDE SHUFFLE□

123&4 Walk fwd R,L, step R fwd, step L tog (&), step R back□7.30
567&8 Step L back, making ½ turn R step R fwd, making 45deg turn R shuffle L to L side LRL (straighten up to 3.00 wall)□3.00

[49-56]□SAILOR STEP, SAILOR STEP, R JAZZBOX□

1&23&4 Step R behind L, step L to L (&), step R to R, step L behind R, step R to R (&), step L to L□3.00
5678 Cross R over L, step L back, step R to R, step L fwd□3.00

[57-64]□STEP, LOCK, STEP, STEP, PIVOT ½, STEP, LOCK, STEP, ½, ½, TOG□

1&234 Step lock shuffle fwd RLR, step L fwd, pivot ½ turn R□9.00
5&67&8 Step lock shuffle fwd LRL, making ½ turn L step R back, making ½ turn L step L fwd, step R tog (&)□9.00

[64] Beats:□Repeat dance in new direction□

Restart on wall 2 – dance up to beat 31**, on beat 32 make a ½ turn L to 12.00 wall and restart

Tag at the end of wall 3 – add the following 8 beats – restart dance from beginning 9.00 wall;

1234 Step L fwd, rock weight back onto R, step L back, rock weight fwd onto R,
5678 Step L fwd, pivot ½ turn R, step L fwd, pivot ½ turn R

Restart on wall 5 – dance up to beat 31**, on beat 32 make a ½ turn L to 9.00 wall and restart

Tag at the end of wall 7 – add the following 4 beats – restart dance from beginning 3.00 wall;

1234

Step L fwd, rock weight back onto R, step L back, rock weight fwd onto R

Enjoy
