

My L.A. Ex.

拍数: 32 墙数: 4 级数: Novice
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音乐: Sweet Dreams My la Ex - Rachel Stevens



Cross, unwind, sailorstep, sailor ¼ turn.

& LF Step to left side
1 RF Cross behind LF
2,3,4 Full turn to the right
5 RF Cross behind LF
& LF Small step to left side
6 RF Step in place
7 LF Cross behind RF
& RF 1/4 turn left en step to right side
8 LF Step forward

¼ turn, touch, ¼ turn, step, 2x, reverse coaster slide, out-out.

1 RF Turn ¼ left and touch R.toe to right side
2 RF Turn ¼ left and step back
3 LF Turn ¼ left and touch L.toe to left side
4 LF Turn ¼ left and step forward
5 RF Step forward
& LF Step next to RF
6 RF Large step back
7 LF Slide next to RF
& LF Small step to left side
8 RF Small step to right side

Bodyroll, diagonal shuffle, 3/8 turn left, ½ turn left, touch.

1 Sweep your head from right to left
2,3,4, Bodyroll from right to left
5 RF Step diagonally left backwards
& LF Step next to RF
6 RF Step diagonally left backwards
7 LF Turn 3/8 left and step forward
8 RF Make ½ turn left on your LF and touch next to LF

Side mambo rock, stomp up & cross, ¼ turn left, touch, side, touch.

1 RF Rock to right side
& LF Recover weight
2 RF Step next to LF
3 LF Stomp up next to RF
& LF Small step back
4 RF Cross over LF
5 LF Step ¼ turn left, wave your arms above your head from right to left
6 RF Touch toe next to LF
7 RF Step to right side, wave your arms above your head from left to right
8 RF Touch toe next to RF

Start over again

