

L-A-Ex

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Maggie Gallagher (UK)
音乐: Sweet Dreams My la Ex - Rachel Stevens



HITCH, SIDE, TOGETHER, HITCH, SIDE, CROSS, UNWIND $\frac{3}{4}$, LEFT WIZARD, TOUCH FORWARD

1&2 Hitch right to left, step right side right (&), step left together
3&4 Hitch right to left, step right side right (&), cross left over right
5 Unwind $\frac{3}{4}$ right (transferring weight onto right)
6-7&8 Step left forward, lock right behind, step left forward (&), touch right in front of left

SWIVEL $\frac{1}{4}$ LEFT, SWIVEL $\frac{1}{4}$ RIGHT, TOE PRESS, KICK, WALKS BACK, SIDE TOUCH, HOLD

1-2 Swivel both heels right turning $\frac{1}{4}$ left, swivel both heels left turning $\frac{1}{4}$ right (weight left)
3-4 Press right toe forward, recover onto left kicking right forward
5-6 Walk back right, back left
&7-8 Step back right next to left (&), touch left to left side, hold

TOGETHER, SIDE ROCK, MONTEREY $\frac{1}{2}$ TURN, SIDE TOUCH, HOLD, VAUDEVILLE, VAUDEVILLE $\frac{1}{4}$ TURN RIGHT

&1-2 Step left together, side right rock, recover
&3-4 Step right together turning $\frac{1}{2}$ right, touch left side left, hold
5&6& Cross left over right, step back right, left heel to left diagonal, step left together (&)
7&8 Cross right over left, step back left turning $\frac{1}{4}$ right, right heel to right diagonal

TOGETHER, CROSS, STEP SIDE, DRAG, TOGETHER, CROSS, $\frac{1}{4}$ TURN RIGHT, $\frac{1}{2}$ TURN RIGHT, LEFT SHUFFLE FORWARD

&1-2 Step right together, cross left over right, big step right side right
3&4 Drag left towards right, step left together, cross right over left
5-6 Step back left turning $\frac{1}{4}$ right, step right forward turning $\frac{1}{2}$ right
7&8 Step left forward, step right together, step left forward

ROCK FORWARD, TOGETHER, SIDE ROCK, TOGETHER, SIDE ROCK, COASTER STEP $\frac{1}{4}$ RIGHT

1-2& Rock right forward, recover, step right together
3-4& Side left rock, recover, step left together
5-6 Side right rock, recover
7&8 Step back right turning $\frac{1}{4}$ right, step left together, step right forward

STEP, $\frac{3}{4}$ PIVOT, CHASSE, RIGHT SAILOR STEP, LEFT SAILOR STEP

1-2 Step left forward, $\frac{3}{4}$ turn right (transferring weight onto right)
3&4 Side left to left side, together right, side left to left side
5&6 Step right behind left, step side left, step side right
7&8 Step left behind right, step side right, step side left

LOW KICKS TWICE, STEP BACK, TOUCH FORWARD, HOLD, STEP FORWARD, TOUCH TOGETHER, HOLD, STEP FORWARD, TOUCH FORWARD, HOLD

1-2 Low right kick forward twice
&3-4 Step back right, touch left forward in front of right (right shoulder back/looking back), hold
&5-6 Step down on left, touch right together, hold
&7-8 Step right forward, touch left forward, hold

TOGETHER, ROCK FORWARD, FULL TURN RIGHT, OUT-OUT, HOLD, BUMP HIPS LEFT TWICE

&1-2 Step down on left, rock right forward, recover

3-4 ½ turn right stepping right forward, ½ turn right stepping left back
&5-6 Step side right, step side left, hold
7-8 Bump hips left twice (keeping weight on left foot)

REPEAT
