

# Dedication To My Ex

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Nicky Zuaite (UK) - January 2012  
音乐: Dedication to My Ex (Miss That) (feat. Andre 3000 & Lil Wayne) - Lloyd : (Album: R&B Collection 2012 - Edited)



32 count intro – start on 'Baby'

## SECTION 1: Right side rock, weave, left side rock, weave with ¼ turn

1 – 2      Rock right to right side, recover onto left  
3 & 4      Step right behind left, step left to left side, cross step right over left  
5 – 6      Rock left to left side, recover onto right  
7 & 8      Step left behind right, step onto right ¼ turn right, step left forward (3 o'clock)

## SECTION 2: Forward rock, ½ shuffle, step, ¾ spiral turn, step, point

1 – 2      Rock forward onto right, recover onto left  
3 & 4      Step onto right ¼ turn right, step left next to right, step onto right ¼ turn right (9 o'clock)  
5 – 6      Step forward onto left. Pivot on ball of left ¾ turn right, hooking right over left (6 o'clock)  
7 – 8      Step forward on right, point left out to left side

## SECTION 3: Cross, Point, Sailor ¼ turn, Toe strut with hip bump, Toe strut with hip bump

1 – 2      Cross step left over right, Point right to right side  
3 & 4      Step right behind left ¼ turn right, step left to left side, step right next to left (9 o'clock)  
5 & 6      Touch left toes forward, bump left hip forward, drop left heel (weight on left)  
7 & 8      Touch right toes forward, bump right hip forward, drop right heel (weight on right)

## SECTION 4: Forward rock, ¼ shuffle, cross rock, side close side

1 – 2      Rock forward onto left, recover onto right  
3 & 4      Step left to left side ¼ turn left, step right next to left, step left to left side (6 o'clock)  
5 – 6      Cross rock right over left, recover onto left  
7 & 8      Step right to right side, step left next to right, step right to right side

## SECTION 5: Toe hook step, Step ½ pivot left, Toe hook step, Step ½ pivot right

1 & 2      Touch left toe forward, hook left across right, step left forward  
3 – 4      Step right forward. Pivot ½ turn left.  
5 & 6      Touch right toe forward, hook right over left, step right forward.  
7 – 8      Step left forward. Pivot ½ turn right.

## SECTION 6: Left mambo, Right mambo, Back lock back, Kick, step, cross

1 & 2      Rock left to left side, recover onto right, step left next to right  
3 & 4      Rock right to right side, recover onto left, step right next to left  
5 & 6      Step back on left, lock step right over left, step back on left  
7 & 8      Kick right towards right diagonal, step right back, cross step left over right

## SECTION 7: Side rock, Heel switches, Back and Point and Point, Clap, Clap

1 – 2      Rock right to right side, recover onto left  
3 & 4      Touch right heel forward, step right next to left, touch left heel forward  
5 & 6      Step left back, step right next to left, point left to left side  
& 7 & 8      Step left next to right, point right to right side, clap, clap

## SECTION 8: Cross, side, behind, side, cross, side rock, coaster ¼ turn

1 – 2      Cross step right over left, step left to left side  
3 & 4      Step right behind left, step left to left side, cross step right over left

5 – 6            Rock left to left side, recover onto right

7 & 8            Step left back  $\frac{1}{4}$  turn left, step right next to left, step left forward (3 O'clock)

**Ending: dance ends at the end of Section 5, facing 12 o'clock – step forward on left and pose**

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