

Ex's and Oh's

拍數: 32 牆數: 4 級數: Improver
編舞者: Amy Glass (USA) - February 2015
音樂: Ex's & Oh's - Elle King : (iTunes)



Dance starts on lyrics; 16 count intro. Restart: Wall 5 after 16 counts

[1-8] □ Triple Right, Rock Back, Rock Side, Rock Back

1&2 Step R to R side, L next to R, R to R
3-4 Rock L behind R, Recover weight on R
5-6 Rock L to L side, Recover weight on R
7-8 Rock L behind R, Recover weight on R

[9-16] □ Hinge ½ Turn R with a Cross, Syncopated Vine R with ¼ R, Pivot ½ R, Forward L

1-2-3 Turn ¼ R stepping back on L, ¼ R stepping side, Cross L over R (6:00)
4&5 Step R to R side, Step on ball of L foot crossed behind R, ¼ R stepping forward R (9:00)
6-7 Step forward L, Pivot ½ R (3:00)
8 Step forward L

[17-24] □ Toe Strut Forward x2, Out, Out (with Hip Pushes), In, In

1-2 Touch R toe forward, drop R heel, weighting R
3-4 Touch L toe forward, drop L heel, weighting L
5-6 Step R forward and out (pushing R hip as you do this), L forward and out (pushing L hip)
7-8 Step back on R, step L next to R

[25-32] □ Toe Strut Back x2, Side Rock, Cross Rock

1-2 Touch R toe back, drop R heel, weighting R
3-4 Touch L toe back, drop L heel, weighting L
5-6 Rock R to R side, recover weight on L
7-8 Cross rock R over L, recover weight on L

Ending: (Wall 15) Start the dance facing the back wall and the dance will end on count 13, stepping the R foot to the R side facing the front wall.