

# To My Ex

COPPER KNOB  
BYEBOHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Rebecca Armstrong (SCO) - October 2016  
音樂: Shout Out to My Ex - Little Mix



4 count intro

2 Tags end of walls 5 and 11

**[1-8] Cross side ¼ sailor, rock fwd recover & Rock back recover**

1-2            Cross R over L, step L to L side  
3&4            make a ¼ turn R stepping R behind L , step L to L side, step R to R side  
5,6&          Rock fwd on L, recover on to R , step L beside R  
7-8            rock back on R, recover on to L

**[9-16] Step point, step ½ turn, right side shuffle, behind side cross**

1-2            step fwd on R, point L to L side  
3-4            step fwd on L, pivot ½ turn over R shoulder (keeping weight on L)  
5&6            step R to R side, step L beside R,

**[17-24] Side step together, cross shuffle, ½ turn, fwd shuffle**

1-2            step R to R side , step L beside R  
3&4            step R across L , step L to L side, step R across L  
5-6            make ¼ R stepping back on L, make ¼ turn R stepping R to R side  
7&8            step fwd on L, step R beside L, step fwd on L

**[25-32] Touch behind, step back, coaster, rocking chair**

1-2            touch R behind L, step back on R  
3&4            step back on L, step R beside L , step fwd on L  
5-6            rock fwd on R, recover back on to L  
7-8            rock back on R, recover fwd on L

**Tag at end of wall 5 – 8 counts**

**4 x ¼ hip bumps**

1-2            make ¼ turn R bumping hips to the right, bump hips L

**Repeat another 3 times making a full turn in total**

**Tag at end of wall 11 – 4 counts**

**Rocking chair**

1-2            rock fwd on R, recover back on to L  
3-4            rock back on R, recover fwd on L

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