

# My L.A. Ex.

拍數: 32      牆數: 4      級數: Novice  
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音樂: 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

