

Exes

拍數: 167 牆數: 4 級數: Beginner
編舞者: Emma Olson (USA) - July 2024
音樂: exes - Tate McRae



*1 tag, 1 Restart

Walls are clockwise 1, 2, 3, 4

Intro: start on "Kisses from my exes", 1 tag, 4 counts; For tag, run all sections for 1 round, then do tag & start again, tag happens between the "kisses to my exes" & "happens every time" during the slight pause in the music exactly at 0:30 seconds into the song

[Section 1] step out on R foot, cross Left foot behind R leg, put Left heel out, then Right heel out, step out on Left foot, cross right foot behind left foot, the put Right heel out, then left heel out

- 1 Step out on right foot
- 2 Cross L foot behind R leg
- 3 Put Left heel out
- 4 Right heel out
- 5 Step out Left with L foot
- 6 Cross R foot behind L foot
- 7 Right heel out
- 8 Left heel out

[Section 2] 2 kicks with Right leg, step forward with right leg, hop forward while body is turned to wall 4, hop back with body still turned

- 1 Kick with R foot
- 2 ` Right foot down
- 3 Kick again with Right foot
- 4 Right foot down
- 5 Step forward with Right foot
- 6 Hop forward while body is still turned to wall 4
- 7 Hold in this position
- 8 Hop backwards while still turned to wall 4

[Section 3] Step forward onto Right foot to turn over Right shoulder, then step forward with Left foot, using the left leg while continuing to turn, CHASSE, ending with Right foot stepping back and facing Wall 1, step out on Right foot, Cross Right foot over Left foot

- 1 Step forward onto Right foot to start turning over Right shoulder
- 2 Step Forward with Left foot, while still turning
- 3 CHASSE
- 4 CHASSE
- 5 Step Left foot back
- 6 Cross Right foot in front of Left foot
- 7 Step Left foot out on left side
- 8 Cross Right foot over Left foot

[Section 4] Step Left foot out, cross Left foot behind Right foot, cross Right foot in front of Left foot, end with heel grind to turn 1/4 right to NEW WALL

- 1, 2 Step out to the left on Left foot
- 3 Left foot goes behind Right foot
- 4 Left foot goes in front of Right foot (a mini grapevine)
- 5 Step Left foot out

- 6 Heel grind on Right foot & turn 1/4 right to NEW WALL
- 7 Step back with Right foot
- 8 Bring Left foot back together with Right to start again on NEW WALL

[tag; facing Wall 1 & 4]

[1- 4] TAG Step forward on right, turn over left shoulder to face back wall (wall 4), while facing back wall (wall 4) step forward on right again, turn over left shoulder to face front wall (Wall 1), then restart from beginning

- 1 Step out on Right foot
- 2 Turn over left shoulder
- 3 Step out on Right foot
- 4 Turn over left shoulder again

Restart!!!

[Section 1] Only do first 8 count until tag: step out on R foot, cross Left foot behind R leg, put Left heel out, then Right heel out, step out on Left foot, cross right foot behind left foot, the put Right heel out, then left heel out

- 1 Step out on right foot
- 2 Cross L foot behind R leg
- 3 Put Left heel out
- 4 Right heel out
- 5 Step out Left with L foot
- 6 Cross R foot behind L foot
- 7 Right heel out
- 8 Left heel out

[Section 2] 2 kicks with Right leg, step forward with right leg, hop forward while body is turned to wall 4, hop back with body still turned

- 1 Kick with R foot
- 2 ` Right foot down
- 3 Kick again with Right foot
- 4 Right foot down
- 5 Step forward with Right foot
- 6 Hop forward while body is still turned to wall 4
- 7 Hold in this position
- 8 Hop backwards while still turned to wall 4

[Section 3] Step forward onto Right foot to turn over Right shoulder, then step forward with Left foot, using the left leg while continuing to turn,

CHASSE, ending with Right foot stepping back and facing Wall 1, step out on Right foot, Cross Right foot over Left foot 1 Step forward onto Right foot to start turning over Right shoulder

- 2 Step Forward with Left foot, while still turning
- 3 CHASSE
- 4 CHASSE
- 5 Step Left foot back
- 6 Cross Right foot in front of Left foot
- 7 Step Left foot out on left side
- 8 Cross Right foot over Left foot

[Section 4] Step Left foot out, cross Left foot behind Right foot, cross Right foot in front of Left foot, end with heel grind to turn 1/4 right to NEW WALL

- 1, 2 Step out to the left on Left foot
- 3 Left foot goes behind Right foot
- 4 Left foot goes in front of Right foot (a mini grapevine)
- 5 Step Left foot out
- 6 Heel grind on Right foot & turn 1/4 right to NEW WALL

7

Step back with Right foot

8

Bring Left foot back together with Right to start again on NEW WALL
