

Dear Ex

拍數: 32 牆數: 4 級數: Improver
編舞者: Séverine Fillion (FR), Bruno Morel (FR) & Stefano Civa (IT) - November 2024
音樂: Dear Ex (feat. Alexandra Lee) - River Road Trio



Intro : 32 counts

[1-8] KICK- CROSS- SIDE ROCK (R & L), WALKS FWD, STEP 1/2 TURN L, PIVOT 1/2 TURN L

1& Kick right fwd, right cross over left
2& Rock step left to left side, recover on right
3& Kick left fwd, left cross over right
4& Rock step right to right side, recover on left
5-6 Walk fwd on right, walk fwd on left
7& Right step fwd, Turn 1/2 left passing weight on left 6:00
8 1/2 turn left on left foot stepping right back 12:00

[9-16] TRIPLE STEP BACK, COASTER STEP, STEP 1/4 TURN R, BEHIND, SIDE, CROSS SHUFFLE

1&2 Triple step left – right – left backwards
3&4 Right step back, left next to right, right step fwd
5&6 Left step fwd, Turn 1/4 right, left cross behind right 3:00
& Right to right side
7&8 Left cross over right, right to right, left cross over right

**** RESTART here at 6:00 on wall 2**

[17-24] SIDE POINT, TOGETHER, 1/4 TURN L & HEEL FWD, & SCUFF – HITCH – STOMP FWD, HEELS TWIST 1/4 TURN L, JUMPING BACK ROCK, STOMP-UP

1&2 Point right to right side, recover on right, 1/4 turn left & left heel fwd 12:00
& Recover on left next to right
3&4 Scuff right, Hitch right knee, Stomp right fwd
5&6 Swivel both heels to the right, left, right 1/4 turning left (ending weight on left) 9:00
7&8 Jumping rock back on right, recover on left, Stomp-up right next to left

[25-32] STEP LOCK STEP FWD, STEP 1/2 TURN R STEP, FULL TURN L, STOMP STOMP

1&2 Right step fwd, « lock » left cross behind right, right step fwd
3&4 Left step fwd, Turn 1/2 right, left step fwd 3:00
5-6 1/2 turn left stepping right back, 1/2 turn left stepping left fwd
7-8 Stomp right fwd, Stomp left next to right

ENJOY & HAVE FUN !