

L A Ex

COPPERKNOB
STEPSHETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Maggie Gallagher (UK)
音樂: Sweet Dreams My la Ex - Rachel Stevens



**1-8 HITCH,
SIDE,
TOGETHER,
HITCH, SIDE,
CROSS,
UNWIND $\frac{3}{4}$,
LEFT WIZARD,
TOUCH
FORWARD**

1&2 Hitch right
to left, Step right
side right (&),
Step left
together
3&4 Hitch right
to left, Step right
side right (&),
Cross left over
right
5 Unwind $\frac{3}{4}$
right
(Transferring
weight onto
right)
6-7&8 Step left
forward, Lock
right behind,
Step left forward
(&), Touch right
in front of left

**9-16 SWIVEL $\frac{1}{4}$
LEFT, SWIVEL
 $\frac{1}{4}$ RIGHT, TOE
PRESS, KICK,
WALKS BACK,
SIDE TOUCH,
HOLD**

1-2 Swivel both
heels to the
right turning $\frac{1}{4}$
left, Swivel both
heels to the left
turning $\frac{1}{4}$ right
(Weight left)
3-4 Press right
toe forward,
Recover onto
left kicking right
forward

5-6 Walk back
right, back left
&7-8 Step back
right next to left
(&), Touch left
to left side, Hold

17-24

**TOGETHER,
SIDE ROCK,
MONTEREY $\frac{1}{2}$
TURN, SIDE
TOUCH, HOLD,
VAUDERVILLE,
VAUDERVILLE
 $\frac{1}{4}$ TURN RIGHT**

&1-2 Step left
together (&),
Side right rock,
Recover
&3-4 Step right
together turning
 $\frac{1}{2}$ right (&),
Touch left side
left, Hold
5&6& Cross left
over right, Step
back right (&),
Left heel to left
diagonal, Step
left together (&)
7&8 Cross right
over left, Step
back left turning
 $\frac{1}{4}$ right (&),
Right heel to
right diagonal

25-32

**TOGETHER,
CROSS, STEP
SIDE, DRAG,
TOGETHER,
CROSS, $\frac{1}{4}$
TURN RIGHT,
 $\frac{1}{2}$ TURN
RIGHT, LEFT
SHUFFLE
FORWARD**

&1-2 Step right
together (&),
Cross left over
right, Big step
right side right

3&4 Drag left
towards right,
Step left
together (&),
Cross right over
left

5-6 Step back
left turning $\frac{1}{4}$
right, Step right
forward turning
 $\frac{1}{2}$ right

7&8 Step left
forward, Step
right together
(&), Step left
forward

**33-40 ROCK
FORWARD,
TOGETHER,
SIDE ROCK,
TOGETHER,
SIDE ROCK,
COASTER
STEP $\frac{1}{4}$
RIGHT**

1-2& Rock right
forward,
Recover, Step
right together
(&)

3-4& Side left
rock, Recover,
Step left
together (&)

5-6 Side right
rock, Recover

7&8 Step back
right turning $\frac{1}{4}$
right, Step left
together (&),
Step right
forward

**41-48 STEP, $\frac{3}{4}$
PIVOT,
CHASSE,
RIGHT SAILOR
STEP, LEFT
SAILOR STEP**

1-2 Step left
forward, $\frac{3}{4}$ turn
right
(Transferring
weight onto
right)

3&4 Side left to
left side,
Together right
(&), Side left to
left side
5&6 Step right
behind left, Step
side left (&),
Step side right
7&8 Step left
behind right,
Step side right
(&), Step side
left

**49-56 LOW
KICKS x 2,
STEP BACK,
TOUCH
FORWARD,
HOLD, STEP
FORWARD,
TOUCH
TOGETHER,
HOLD, STEP
FORWARD,
TOUCH
FORWARD,
HOLD**

1-2 Low right
kick forward x 2
&3-4 Step back
right (&), Touch
left forward in
front of right
(Right shoulder
back/Looking
back), Hold
&5-6 Step down
on left (&),
Touch right
together, Hold
&7-8 Step right
forward (&),
Touch left
forward, Hold

**56-64
TOGETHER,
ROCK
FORWARD,
FULL TURN
RIGHT, OUT-
OUT,HOLD,
BUMP HIPS
LEFT x 2**

&1-2 Step down
on left (&), Rock
right forward,
Recover

3-4 ½ turn right
stepping right
forward, ½ turn
right stepping
left back
&5-6 Step side
right (&), Step
side left, Hold
7-8 Bump hips
left x2 (Keeping
weight on left
foot)
