

Dedication To My Ex

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Nicky Zuaite (UK) - January 2012
音樂: Dedication to My Ex (Miss That) (feat. Andre 3000 & Lil Wayne) - Lloyd : (Album: R&B Collection 2012 - Edited)



32 count intro – start on 'Baby'

SECTION 1: Right side rock, weave, left side rock, weave with ¼ turn

1 – 2 Rock right to right side, recover onto left
3 & 4 Step right behind left, step left to left side, cross step right over left
5 – 6 Rock left to left side, recover onto right
7 & 8 Step left behind right, step onto right ¼ turn right, step left forward (3 o'clock)

SECTION 2: Forward rock, ½ shuffle, step, ¾ spiral turn, step, point

1 – 2 Rock forward onto right, recover onto left
3 & 4 Step onto right ¼ turn right, step left next to right, step onto right ¼ turn right (9 o'clock)
5 – 6 Step forward onto left. Pivot on ball of left ¾ turn right, hooking right over left (6 o'clock)
7 – 8 Step forward on right, point left out to left side

SECTION 3: Cross, Point, Sailor ¼ turn, Toe strut with hip bump, Toe strut with hip bump

1 – 2 Cross step left over right, Point right to right side
3 & 4 Step right behind left ¼ turn right, step left to left side, step right next to left (9 o'clock)
5 & 6 Touch left toes forward, bump left hip forward, drop left heel (weight on left)
7 & 8 Touch right toes forward, bump right hip forward, drop right heel (weight on right)

SECTION 4: Forward rock, ¼ shuffle, cross rock, side close side

1 – 2 Rock forward onto left, recover onto right
3 & 4 Step left to left side ¼ turn left, step right next to left, step left to left side (6 o'clock)
5 – 6 Cross rock right over left, recover onto left
7 & 8 Step right to right side, step left next to right, step right to right side

SECTION 5: Toe hook step, Step ½ pivot left, Toe hook step, Step ½ pivot right

1 & 2 Touch left toe forward, hook left across right, step left forward
3 – 4 Step right forward. Pivot ½ turn left.
5 & 6 Touch right toe forward, hook right over left, step right forward.
7 – 8 Step left forward. Pivot ½ turn right.

SECTION 6: Left mambo, Right mambo, Back lock back, Kick, step, cross

1 & 2 Rock left to left side, recover onto right, step left next to right
3 & 4 Rock right to right side, recover onto left, step right next to left
5 & 6 Step back on left, lock step right over left, step back on left
7 & 8 Kick right towards right diagonal, step right back, cross step left over right

SECTION 7: Side rock, Heel switches, Back and Point and Point, Clap, Clap

1 – 2 Rock right to right side, recover onto left
3 & 4 Touch right heel forward, step right next to left, touch left heel forward
5 & 6 Step left back, step right next to left, point left to left side
& 7 & 8 Step left next to right, point right to right side, clap, clap

SECTION 8: Cross, side, behind, side, cross, side rock, coaster ¼ turn

1 – 2 Cross step right over left, step left to left side
3 & 4 Step right behind left, step left to left side, cross step right over left

5 – 6 Rock left to left side, recover onto right

7 & 8 Step left back $\frac{1}{4}$ turn left, step right next to left, step left forward (3 O'clock)

Ending: dance ends at the end of Section 5, facing 12 o'clock – step forward on left and pose
