

L-A-EX

Choreographed by Maggie Gallagher - September 2003

Music - "Sweet Dreams (My L.A. EX)" by Rachel Stevens

Intermediate level, 64 count, 4 wall, linedance - Start after 32 Counts on vocals

1-8 HITCH, SIDE, TOGETHER, HITCH, SIDE, CROSS, UNWIND 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 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 1/4 LEFT, SWIVEL 1/4 RIGHT, TOE PRESS, KICK, WALKS BACK, SIDE TOUCH, HOLD

- 1-2 Swivel both heels to the right turning 1/4 left, Swivel both heels to the left turning 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 1/2 TURN, SIDE TOUCH, HOLD, VAUDERVILLE, VAUDERVILLE 1/4 TURN RIGHT

- &1-2 Step left together (&), Side right rock, Recover
&3-4 Step right together turning 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 1/4 right (&), Right heel to right diagonal

25-32 TOGETHER, CROSS, STEP SIDE, DRAG, TOGETHER, CROSS, 1/4 TURN RIGHT, 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 1/4 right, Step right forward turning 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 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 1/4 right, Step left together (&), Step right forward

41-48 STEP, 3/4 PIVOT, CHASSE, RIGHT SAILOR STEP, LEFT SAILOR STEP

- 1-2 Step left forward, 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 1/2 turn right stepping right forward, 1/2 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)

End – No Tags – No Restarts !!!