

Dedication To My Ex

Count: 64

Wall: 4

Level: Easy Intermediate

Choreographer: Alison Johnstone (Nuline dance)

Music: "Dedication To My Ex (Miss That)" (Clean Version) by Lloyd [feat. Andre 3000 & Lil Wayne] Album: King Of Hearts (119 bpm)

Start: On Vocals on word BABY (16 seconds). CW rotation.

(1-8) Monteray ½, Chasse Right, Back Rock, Recover (6.00)

1, 2 Point Right Toe to side, ½ Turn Right on ball of Left foot, Step Right next to Left with weight
3, 4 Touch Left toe to side, Step Left next to Right with weight
5&6 Chasse Right stepping Right side, Left next to Right, Right side
7, 8 Rock Back on Left, Recover on Right

(9-16) Big Step Left, Slide Right into Left, Touch Right Toe To Left Instep Twice, Kick Right Forward Back Rock, Recover, Right Kick Ball Change (6.00)

1, 2 Step Left to Side, Slide Right to Left (no weight)
3&4 Touch Right toe to Left instep twice (3&), Low kick Right forward (Toe facing down)
5, 6 Rock Back on Right, Recover on Left
7&8 Kick Right forward. Step Right beside Left. Step onto left in place (Kick Ball Change)

(17-24) Toe Struts Right, Left, Right, Left Completing A Half Circle Over Right (12.00)

1- 8 Right Toe Forward, Slap down heel (Toe Strut), Repeat Left, Right Left

(Snap fingers on Right Hand on Slap heel part of toe struts- Shimming shoulders if you wish Also the toe struts complete a ½ turn semi-circle over Right to face 12.00 Wall)

(25-32) Hip Bumps Forward On Right, Left, Right, Left (12.00)

1&2 Step forward Right bumping hips forward, back, forward
3&4 Step forward Left bumping hips forward, back, forward
5&6 Step forward Right bumping hips forward, back, forward
7&8 Step forward Left bumping hips forward, back, forward

(33-40) Rock Forward, Recover, ½ Right Turn Shuffle, Rock Forward, Recover, ¾ Left Turn Shuffle (9.00)

1, 2 Rock forward on Right, Recover on Left,
3&4 ½ Turn over Right Shoulder Stepping Right forward, Step Left into Right, Step Right forward
5, 6 Rock forward on Left, Recover on Right,
7&8 ¾ Turn over Left Shoulder Stepping Left forward, Step Right into Left, Step Left forward

(41-48) V Step Right Lead, V Step Right Lead (9.00)

1, 2 Step diagonally forward on Right, step diagonally forward Left
3, 4 Step back on Right, Step Left next to Right
5-8 Repeat V Step as 1-4 above

(On 1st 2 counts of V try to step low sinking into knees for attitude)

(49-56) Back Rock, Recover, Right kick Ball Change, Prissy Walks Right, Left, Right, Left

1, 2 Rock back on Right, Recover on Left,
3&4 Kick Right forward. Step Right beside Left. Step onto left in place (Kick Ball Change)
5-8 Prissy walks forward Right, left, Right, Left (Sexy Walks)

(57-64) Pivot ½ Over Left, Full Turn Over Left Or Walk Right Left, Step Right Forward, Side Rock, Step Left Into Right, Touch Right Into Left -Knee Across Left (3.00)

1, 2 Step forward Right, Pivot ½ over Left
3, 4, ½ Turn over Left stepping back on Right, ½ Turn over Left stepping forward on Left
5, Step forward on Right
6&7 Rock Left to Side, Recover on Right, Step Left next to Right
8 Touch Right into Left instep popping Right Knee across Left (Elvis Knee)

END OF DANCE: Wall 7 starting facing 6.00 from counts 33-

Rock Recover ½ Turn Shuffle and then Rock Recover FULL Turn Shuffle (Instead of ¾ Turn Shuffle) to face FRONT (12.00) Then POSE!

START AGAIN

This dance is dedicated to Jan Chong who begged me to choreograph to this track. I hope you enjoy