

Shout Out To My Ex

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Count: 96

Wall: 2

Level: Phrased Intermediate

Choreographer: Alison Biggs & Peter Metelnick , TheDanceFactoryUK – October 2016

Music: Shout Out To My Ex – Little Mix

Start after 8 count intro - they sing 'This is a shout out to my ex' - come in on the word 'ex' around 2 secs into song - 126 bpm - 4mins 06secs

Music Available from Amazon

Seq: AAA B Tag 1 AAA BB Tag 2 BB to end - finishes on front wall with R kick ball change & just strike a pose ta da!

A - 32 counts

A[&1-8] R & L apart, hold, R touches fwd & side, R sailor, ¼ L sailor step

&1-4 Step R apart, step L apart, hold, touch R forward, touch R side

5&6 Cross step R behind L, step L side, step R side

7&8 Turning ¼ left cross step L behind R, step R side, step L side (9 o'clock)

A[&9-16] R & L apart, hold, R touches fwd & side, R behind/side/cross, L side rock/recover

&1-4 Step R apart, step L apart, hold, touch R forward, touch R side

5&6 Cross step R behind L, step L side, cross step R over L

7-8 Rock L side, recover weight on R

A[17-24] Modified L heel jack touch, R back, L heel fwd, hold, step L back, R heel jack

1-2 Cross step L over R, hold

&3&4 Step R back, touch L heel forward, step L in place, touch R together

&5-6 Step R back, touch L heel forward, hold

&7&8 Step L back, cross step R over L, step L back, touch R heel forward

A[&25-32] R ball cross, hold, R ball cross 2x, R side, ¼ L & L side, walk fwd 2

&1-2 Step R back, cross step L over R, hold

&3&4 Step R side, cross step L over R, step R side, cross step L over R

5-8 Step R side, turning $\frac{1}{4}$ left step L side, step R forward, step L forward (6 o'clock)

B - 64 counts

B[1-8] R fwd rock/recover, $\frac{1}{2}$ R shuffle, $\frac{1}{2}$ R shuffle, R back rock/recover

1-2 Rock R forward, recover weight on L

3&4 Turning $\frac{1}{2}$ right step R forward, step L together, step R forward

5&6 Turning $\frac{1}{2}$ right step L back, step R together, step L back (6 o'clock)

7-8 Rock R back, recover weight on L

B[9-16] R/L fwd cross points, R jazz box $\frac{1}{4}$ R to ball cross 2X

1-4 Cross step R over L, point L side, cross step L over R, point R side

5-6 Cross step R over L, turning $\frac{1}{4}$ right step L back

&7&8 Step R to R side, cross step L over R, step R to R side, cross step L over R (9 o'clock) 2 | P a
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B[17-24] R & L syncopated side rocks, L cross step, $\frac{1}{2}$ L hinge, R cross step

1-2& Rock R side, recover weight on L, step R together

3-4 Rock L side, recover weight on R

5-8 Cross step L over R, turning $\frac{1}{4}$ left step R back, turning $\frac{1}{4}$ left step L side, cross step R over L (3 o'clock)

B[25-32] L side rock/recover, $\frac{1}{4}$ L toaster, R ball step fwd hold, R kick ball step fwd

1-2 Rock L side, recover weight on R

3&4 Turning $\frac{1}{4}$ left step L back, step R together, step L forward (12 o'clock)

&5-6 Step R forward, step L forward, hold

7&8 Kick R forward, step R together, step L forward

B[33-40] R fwd, $\frac{1}{4}$ L pivot turn, R cross step, hold, L ball cross to $\frac{1}{2}$ R hinge, L cross step

1-4 Step R forward, pivot $\frac{1}{4}$ left, cross step R over L, hold (9 o'clock)

&5-8 Step L side, cross step R over L, turning $\frac{1}{4}$ right step L back, turning $\frac{1}{4}$ right step R side, cross step L over R (3 o'clock)

B[41-48] R step touch, L kick ball cross, L side together, L fwd shuffle

- 1-2 Step R side, touch L together
3&4 Kick L side, step L side, cross step R over L
5-6 Step L side, step R together
7&8 Step L forward, step R together, step L forward

B[49-56] ½ L hinge turn, R cross shuffle, L step touch, R kick ball cross

- 1-2 Turning ¼ left step R back, turning ¼ left step L side (9 o'clock)
3&4 Cross step R over L, step L side, cross step R over L
5-6 Step L side, touch R together
7&8 Kick R forward, step R side, cross step L over R

B[57-64] R side rock/recover, R sailor, ¼ L toaster, R fwd, ½ L pivot turn

- 1-2 Rock R side, recover weight on L
3&4 Cross step R behind L, step L side, step R side
5&6 Turning ¼ left step L back, step R together, step L forward
7-8 Step R forward, pivot ½ left (12 o'clock)

Ending: Final wall will end facing front here after 32 counts

TAG 1: 8 counts

- &1-4 Step R apart, step L apart, step R forward, pivot ½ L, step R forward (6 o'clock)
&5-8 Step L apart, step R apart, step L forward, pivot ½ R, step L forward (12 o'clock)

Tag 2: 4 counts

- 1-4 Walk around ½ left to front wall in 4 counts; R, L, R, L

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