

Shout Out To My EX

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Count: 32 **Wall:** 2 **Level:** Beginner

Choreographer: Ray Hodson - October 2016

Music: Shout Out To My EX by Little Mix

Start: 32C from beat, 17 Seconds

S1: CROSS ROCK SIDE, UP DOWN AND WEAVE

1,2,3 Cross Right Over Left, Recover, Right to Side

& 4, Lifting both heels (&), Both heels down (4)

5,6,7,8 Cross L, Side Right, Behind Left, Side Right

S2: CROSS ROCK SIDE, UP DOWN, ROCK RECOVER, BACK LOCK BACK

1,2,3 Cross Left Over Right, Recover, Left to Side

& 4, Lifting both heels (&), Both heels down (4)

5,6 Rock Right Forward, Recover on Left

7&8 Step Back Right, Lock Left in Front of Right, Step Back Right

S3: BACK ROCK, QUARTER SHUFFLE, BEHIND SIDE, STEP PIVOT 1/2

1, 2 Rock Back Left, Recover on Right

3&4¼ Shuffle Right stepping Left, Right, Left

5,6 Step Right Behind Left, Step Left to Side

7,8 Step Right Forward, Pivot 1/2 Left

S4: WALK, WALK, KICK BALL STEP, STEP ¼ CROSS SIDE

1,2 Step R Forward, Step L Forward

3&4(Kick ball Step) Kick Right Forward, Step next to Left, Step Left Forward

5,6 Step R Forward, Pivot ¼ Left,

7,8 Cross Right over Left, Step L to Side,

Tags/ Restarts: NONE

I hope you enjoy, Ray: <http://urbanlinedance.co.uk>

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