

To My Ex

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Rebecca Armstrong (Oct 2016)

Music: Shout Out To My Ex - Little Mix

4 count intro

2 Tags end of walls 5 and 11

[1-8] Cross side $\frac{1}{4}$ sailor, rock fwd recover & Rock back recover

1-2 Cross R over L, step L to L side

3&4 make a $\frac{1}{4}$ turn R stepping R behind L , step L to L side, step R to R side

5,6& Rock fwd on L, recover on to R , step L beside R

7-8 rock back on R, recover on to L

[9-16] Step point, step $\frac{1}{2}$ turn, right side shuffle, behind side cross

1-2 step fwd on R, point L to L side

3-4 step fwd on L, pivot $\frac{1}{2}$ turn over R shoulder (keeping weight on L)

5&6 step R to R side, step L beside R,

[17-24] Side step together, cross shuffle, $\frac{1}{2}$ turn, fwd shuffle

1-2 step R to R side , step L beside R

3&4 step R across L , step L to L side, step R across L

5-6 make $\frac{1}{4}$ R stepping back on L, make $\frac{1}{4}$ turn R stepping R to R side

7&8 step fwd on L, step R beside L, step fwd on L

[25-32] Touch behind, step back, coaster, rocking chair

1-2 touch R behind L, step back on R

3&4 step back on L, step R beside L , step fwd on L

5-6 rock fwd on R, recover back on to L

7-8rock back on R, recover fwd on L

Tag at end of wall 5 - 8 counts

4 x $\frac{1}{4}$ hip bumps

1-2make $\frac{1}{4}$ turn R bumping hips to the right, bump hips L

Repeat another 3 times making a full turn in total

Tag at end of wall 11 - 4 counts

Rocking chair

1-2rock fwd on R, recover back on to L

3-4rock back on R, recover fwd on L

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