

# Dedication to My Ex

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**Count:** 128

**Wall:** 2

**Level:** Phrased Improver

**Choreographer:** Agnethe Hansen

**Music:** Dedication to My Ex (Miss That) by Lloyd

## Sequence A = 64 count

### Grapevine $\frac{1}{4}$ turn right, step $\frac{1}{4}$ turn left, trawling twist left

1 - 4 Step right to side, step left behind right, step  $\frac{1}{4}$  turn right, step  $\frac{1}{4}$  turn left

5 - 8 Twist heels to left, twist toes to left, twist heels to left, twist toes in center

### Rocking chair right, Pivot $\frac{1}{2}$ turn left, cross step, toe point left

1 - 4 Rock forward on right, rock back on left, Rock back on right, rock forward on left

5 - 8 Step forward on right, pivot  $\frac{1}{2}$  turn over left shoulder, step right slightly over left, left toe beside right

### Grapevine $\frac{1}{4}$ turn left, step $\frac{1}{4}$ turn right, trawling twist right

1 - 4 Step left to side, step right behind left, step  $\frac{1}{4}$  turn left, step  $\frac{1}{4}$  turn right

5 - 8 Twist heels to right, twist toes to right, twist heels to right, twist toes in center

### Monterey $\frac{1}{2}$ turns right x 2

1 - 4 Touch right toe to right side, on ball left-rotated a  $\frac{1}{2}$  turn right, right foot next to left and weight shift to right foot, touch left toe to left side, and back beside right

5 - 8 Touch right toe to right side, on ball left-rotated a  $\frac{1}{2}$  turn right, right foot next to left and weight shift to right foot, touch left toe to left side, and back beside right

### Rocking chair right, Pivot hips $\frac{1}{4}$ turn left X 2

1 - 4 Rock forward on right, rock back on left, Rock back on right, rock forward on left

5 - 8 Step right forward,  $\frac{1}{4}$  turn left with hips, Step right forward,  $\frac{1}{4}$  turn left with hips

### Rocking chair right, Pivot hips $\frac{1}{4}$ turn left X 2

1 - 4 Rock forward on right, rock back on left, Rock back on right, rock forward on left

5 - 8 Step right forward,  $\frac{1}{4}$  turn left with hips, Step right forward,  $\frac{1}{4}$  turn left with hips

### Forward trawling cross points

1 - 4 Cross right over left, point left to the left side, cross left over right, point right to right side

5 - 8 Cross right over left, point left to the left side, cross left over right, point right to right side

### **Backwards trawling cross points, $\frac{1}{4}$ turn sailor step**

1 - 4 Cross right back left, point left to left side, cross left back right, point right to right side

5 - 6 Cross right back left, point left to left side

**7 & 8 $\frac{1}{4}$  turn left cross behind right, cross left behind right, right foot step to right**

### **Sequence B = 64 count**

#### **Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right**

1 - 2 & Touch right heel slightly over left foot twice, right foot beside left foot

3 - 4 & Touch left heel slightly over right foot twice, left foot beside right foot

5 - 6 Walk right forward, walk left forward

7 & 8 Kick right forward, step down on right, ball step left beside right

#### **Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right**

1 - 2 & Touch right heel slightly over left foot twice, right foot beside left foot

3 - 4 & Touch left heel slightly over right foot twice, left foot beside right foot

5 - 6 Walk right forward, walk left forward

7 & 8 Kick right forward, step down on right, ball step left beside right

#### **Rock right forward, Back lock right, $\frac{1}{2}$ turn left revers pivots, $\frac{1}{4}$ turn pivots right**

1 - 2 Rock forward on right, recover onto left

3 & 4 Step back on Right, lock left over right, step back on right

5 - 6 Point left toe back,  $\frac{1}{2}$  turn left. Weight shift on to left

7 - 8 Step right foot forward,  $\frac{1}{4}$  turn left

#### **Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right**

1 - 2 & Touch right heel slightly over left foot twice, right foot beside left foot

3 - 4 & Touch left heel slightly over right foot twice, left foot beside right foot

5 - 6 Walk right forward, walk left forward

7 & 8 Kick right forward, step down on right, ball step left beside right

#### **Rock right forward, Back lock right, $\frac{1}{2}$ turn left revers pivots, $\frac{1}{4}$ turn pivots right**

- 1 - 2 Rock forward on right, recover onto left
- 3 & 4 Step back on Right, lock left over right, step back on right
- 5 - 6 Point left toe back,  $\frac{1}{2}$  turn left. Weight shift on to left
- 7 - 8 Step right foot forward,  $\frac{1}{4}$  turn left

**Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right**

- 1 - 2 & Touch right heel slightly over left foot twice, right foot beside left foot
- 3 - 4 & Touch left heel slightly over right foot twice, left foot beside right foot
- 5 - 6 Walk right forward, walk left forward
- 7 & 8 Kick right forward, step down on right, ball step left beside right

**Rock right forward, Back lock right,  $\frac{1}{2}$  turn left revers pivots,  $\frac{1}{4}$  turn pivots right**

- 1 - 2 Rock forward on right, recover onto left
- 3 & 4 Step back on Right, lock left over right, step back on right
- 5 - 6 Point left toe back,  $\frac{1}{2}$  turn left. Weight shift on to left
- 7 - 8 Step right foot forward,  $\frac{1}{4}$  turn left

**Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right**

- 1 - 2 & Touch right heel slightly over left foot twice, right foot beside left foot
- 3 - 4 & Touch left heel slightly over right foot twice, left foot beside right foot
- 5 - 8 Step right forward,  $\frac{1}{4}$  turn left with hips, Step right forward,  $\frac{1}{4}$  turn left with hips

**(Ending): Repeat the first 32 counts of sequence - B and end with 4 paddle turns facing (12.00)**