

LA Ex

Choreographer: Dan McInerney, Banbury, UK (Sep '03) | mcidahechi@hotmail.com | www.danmcinerney.com

Description: 64 count, 4 wall, intermediate/advanced dance

Music: Sweet Dreams My LA-Ex by Rachel Stevens

Starts: 32 counts in, on vocals

STEP LEFT, ½ TURN HITCH, RIGHT SHUFFLE FORWARD, ROCK FORWARD BACK, ROCK BACK FORWARD

- 1-2 Step forward left, pivot ½ turn over left shoulder while hitching right knee
3&4 Step forward right, step left together, step forward right **(6:00)**
5-6 Rock forward left, rock back in place onto right
7-8 Rock back left, rock in place onto right **(6:00)**

STEP LEFT, FULL TURN RIGHT, ROCK FORWARD BACK, ROCK BACK FORWARD, PIVOT ½ LEFT

- 1-2 Step forward left, full turn right on ball of left foot
3-4 Step forward right and rock onto right, rock back onto left **(6:00)**
5-6 Step back and rock onto right, rock forward onto left
7-8 Step forward onto right, pivot ½ turn left (taking weight onto left) **(12:00)**

AND-CROSS SWEEPING HITCH, CROSS-AND-CROSS, ROCK FORWARD BACK, ROCK BACK FORWARD

- &1-2 Step right slightly back and to the side, cross left foot over right (body should be slightly open towards right diagonal), hitch right around and in front of left (body should be slightly open toward left diagonal)
3&4 Cross right foot over left, step left foot to left side, cross right foot over left **(12:00)**
5-6 Making a ¼ left step forward and rock onto left, rock back onto right
7-8 Step back and rock onto left, rock forward onto right **(9:00)**

STEP, TOUCH & STEP, ¼, STEP LEFT, PIVOT RIGHT ¼, PIVOT BACK TO THE LEFT ¼

- 1-2 Step forward left, touch right toe next to left
&3-4 Step back right, step forward left keeping weight on right, pivot ¼ right **(12:00)**
5-6 Step forward left, pivot ¼ right keeping weight on left
(STYLING: roll right shoulder front to back 5)
7-8 Pivot ¼ turn left (back to count 5 position), transferring weight onto right **(12:00)**
(STYLING: roll left shoulder front to back 7)

STEP, SWEEP, STEP, SWEEP, BUMP BUMP, BUMP BUMP

- 1-2 Step forward onto left, sweep right around and in front of left
3-4 Step forward onto right, sweep left around and in front of right **(12:00)**
5-6 Swivelling heels, make ¼ right bumping hips left, swivel heels back to make ¼ back to the left bumping hips right
7-8 Swivelling heels, make ¼ right bumping hips left, bump hips right, taking weight onto right foot **(3:00)**

CROSS, SIDE, CROSS BEHIND, UNWIND, POINT ACROSS, POINT SIDE, POINT ACROSS, UNWIND

- 1-2 Cross left over right, step right to right side
3-4 Cross left behind right, unwind ½ turn left, feet ending shoulder **(9:00)**
5-6 Point right toe across and in front of left foot, point right toe to right side
7-8 Point right across left, unwind ½ turn left, feet ending shoulder **(3:00)**
(STYLING: on counts 5 6 7, shrug (lift) right shoulder, shrug left shoulder, shrug right shoulder)

STEP ¼, STEP ¼, PIVOT ½, ½ IN PLACE, TOUCH

- 1-2 Step right forward, pivot ¼ left taking weight onto right
3-4 Step left forward, pivot ¼ right taking weight onto left **(3:00)**
(STYLING: on count 1-4 dance the steps like skate steps, smooth and pushing weight forward)
5-6 Step forward right, pivot ½ left keeping weight on left
7-8 Continue momentum turning ½ left in place on left, point right next to left (count 7), hold (count 8) **(3:00)**

WALK, WALK, HITCH STEP-STEP, SWAY HIPS LEFT, SWAY HIPS RIGHT, HOLD

- 1-2 Step forward right, step forward left
3&4 Hitch right knee, step right foot back, step left foot in place (in front of right, body facing right diagonal) **(3:00)**
5-6 Smoothly, over two counts, sway hips to the left transferring weight to left foot over
(STYLING: on 5-6 turn head to look over right shoulder)
7-8 Sway hips to the right transferring weight to right foot, hold on last count **(3:00)**
(STYLING: on count 7, turn head to look forward, with left knee bent and left toe touched taking NO weight - hold pose on 8)

REPEAT

RESTART: There is a restart after count 32 on the 6th wall, facing 3:00