

DEDICATION TO MY EX

Count: 64. Wall: 4. Level: Easy Intermediate

Choreographer: Alison Johnstone (NL)

Music: Dedication To My Ex (Miss That) (Clean Version) by Lloyd [feat. Andre 3000 & Lil Wayne] Album: King Of Hearts

Start: 32 count. Start on word BABY. Weight on L. No Tags, No Restarts.

MONTERAY 1/2 RIGHT, CHASSE RIGHT, ROCK BACK, RECOVER

- 1-4 Point R to right, Turn ½ right step R beside L, Point L to left, Step L beside R
- 5&6 Step R to right, Step L beside R, Step R to right
- 7,8 Rock L back, Recover onto R **[6:00]**

BIG STEP LEFT, SLIDE, TOUCH, TOUCH, KICK, BACK ROCK, RECOVER, KICK-BALL-CHANGE

- 1,2 Big step L to left, Slide R beside L (**weight on L**)
- 3&4 Touch R toe to L instep twice, Low kick R forward (**Toe facing down**)
- 5,6 Rock R back, Recover onto L
- 7&8 Kick R forward, Step R beside L, Step L beside R **[6:00]**

(TURNING 1/2 RIGHT) TOE STRUT, TOE STRUT, TOE STRUT, TOE STRUT

- 1-8 Touch R toe forward, Drop heel to floor, Touch L toe forward, Drop heel to floor,
Touch R toe forward, Drop heel to floor, Touch L toe forward, Drop heel to floor **[12:00]**

(Snap fingers on R hand on drop heel part of toe struts - Shimming shoulders if you wish. Also the toe struts complete a ½ right semi-circle to face 12.00 Wall)

HIP BUMPS FORWARD ON RIGHT, LEFT, RIGHT, LEFT

- 1&2 Step R forward bumping hips forward, back, forward
- 3&4 Step L forward bumping hips forward, back, forward
- 5&6 Step R forward bumping hips forward, back, forward
- 7&8 Step L forward bumping hips forward, back, forward **[12:00]**

ENDING: see below

ROCK FORWARD, RECOVER, 1/2 RIGHT SHUFFLE, ROCK FORWARD, RECOVER, SHUFFLE 3/4 LEFT

- 1,2 Rock R forward, Recover onto L
- 3&4 Turn ½ right step R forward, Step L beside R, Step R forward
- 5,6 Rock L forward, Recover onto R
- 7&8 Turn ½ left step L forward, Step R beside L, Turn ¼ left step L forward **[9:00]**

V STEP, V STEP

- 1-4 Step R forward 45° right, Step L forward 45° left, Step R back to centre, Step L beside R
 - 5-8 Step R forward 45° right, Step L forward 45° left, Step R back to centre, Step L beside R **[9:00]**
- (On 1st 2 counts of V try to step low sinking into knees for attitude)**

ROCK BACK, RECOVER, KICK-BALL-CHANGE, PRISSY WALKS RIGHT, LEFT, RIGHT, LEFT

- 1,2 Rock R back, Recover onto L
- 3&4 Kick R forward, Step R beside L, Step L beside R
- 5-8 Prissy walks forward Right, left, Right, Left (Sexy Walks)

CONTINUED OVER

**STEP, PIVOT 1/2 LEFT, FULL TURN LEFT (OR WALK RIGHT, LEFT), FORWARD,
ROCK LEFT-RECOVER-TOGETHER, KNEE POP**

1,2 Step R forward, Pivot ½ left

3,4 Turn ½ left step R back, Turn ½ left step L forward

5 Step R forward

6&7 Rock Left to left, Recover onto R, Step L beside R

8 Touch R beside L instep popping R knee across L (**Elvis Knee**) [3:00]

64 REPEAT

ENDING: Wall 7 starts facing 6.00, dance to count 32 then:

ROCK FORWARD, RECOVER, SHUFFLE 1/2 RIGHT,

ROCK FORWARD, RECOVER, TRIPLE FULL TURN LEFT TO FACE FRONT - THEN POSE!