

To My Ex

32 Count, 4 Wall, Improver

Choreographer: Rebecca Armstrong (UK) Oct 2016

Choreographed to: Shout Out To My Ex by Little Mix

4 count intro**2 tags end of walls 5 and 11**

- Section 1 Cross side ¼ sailor, rock fwd recover & Rock back recover**
1-2 Cross R over L, step L to L side
3&4 Make a ¼ 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
- Section 2 Step point, step ½ 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 ½ turn over R shoulder (keeping weight on L)
5&6 Step R to R side, step L beside R,
- Section 3 Side step together, cross shuffle, ½ 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 ¼ R stepping back on L, make ¼ turn R stepping R to R side
7&8 Step fwd on L, step R beside L, step fwd on L
- Section 4 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
7-8 Rock back on R, recover fwd on L
- Tag: At end of wall 5 – 8 counts**
4 x ¼ hip bumps
1-2 **Make ¼ 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
1-2 **Rock fwd on R, recover back on to L**
3-3 **Rock back on R, recover fwd on L**
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