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## Shout Out To My Ex

Phrased, 2 Wall, Intermediate

Choreographer: Alison & Peter (UK) Dec 2016

Choreographed to: "Shout Out To My Ex" by Little Mix

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Sequence: 8-count intro, AAAB, Tag 1, AAABB, Tag 2, B to end

### PART A

#### **S1 Right & Left Apart, Hold, Right Touches Forward & Side, Right Sailor, 1/4 Left Sailor Step**

&1-4 Step right side, step left side, hold, touch right forward, touch right side

5&6 Right sailor step

7&8 Left sailor step turning 1/4 left (9:00)

#### **S2 Right & Left Apart, Hold, Right Touches Forward & Side, Right Behind/Side/Cross, Left Side Rock/Recover**

&1-4 Step right side, step left side, hold, touch right forward, touch right side

5&6 Behind-side-cross right-left-right

7-8 Rock left side, recover to right

#### **S3 Modified Left Heel Jack Touch, Right Back, Left Heel Forward, Hold, Step Left Back, Right Heel Jack**

1-2 Cross left over, hold

&3&4 Step right back, touch left heel forward, step left together, touch right together

&5-6 Step right back, touch left heel forward, hold

&7&8 Step left back, cross right over, step left back, touch right heel forward

#### **S4 Right Ball Cross, Hold, Right Ball Cross 2x, Right Side, 1/4 Left & Left Side, Walk Forward 2**

&1-2 Step right back, cross left over, hold

&3&4 Step right side, crossing chassé left-right-left

5-8 Step right side, turn 1/4 left and step left side, step right forward, step left forward (6:00)

### PART B

#### **S1 Right Forward Rock/Recover, 1/2 Right Shuffle, 1/2 Right Shuffle, Right Back Rock/Recover**

1-2 Rock right forward, recover to left

3&4 Turn 1/2 right and chassé forward right-left-right

5&6 Turn 1/2 right and chassé back left-right-left (6:00)

7-8 Rock right back, recover to left

#### **S2 Right/Left Forward Cross Points, Right Jazz Box 1/4 Right To Ball Cross 2x**

1-4 Cross right over, touch left side, cross left over, touch right side

5-6 Cross right over, turn 1/4 right and step left back (9:00)

&7&8 Step right side, crossing chassé left-right-left

#### **S3 Right & Left Syncopated Side Rocks, Left Cross, 1/2 Left Turn, Right Cross**

1-2& Rock right side, recover to left, step right together

3-4 Rock left side, recover to right

5-8 Cross left over, turn 1/4 left and step right back, turn 1/4 left and step left side, cross right over (3:00)

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**S4 Left Side Rock/Recover, 1/4 Left Toaster, Right Ball Step Forward Hold, Right Kick Ball Step Forward**

- 1-2 Rock left side, recover to right  
3&4 Turn 1/4 left and left coaster step (12:00)  
&5-6 Step right forward, step left forward, hold  
7&8 Kick right forward, step right together, step left forward

**S5 Right Forward, 1/4 Left Turn, Right Cross, Hold, Left Ball Cross To 1/2 Right Turn, Left Cross**

- 1-4 Step right forward, turn 1/4 left (weight to left), cross right over, hold (9:00)  
&5-8 Step left side, cross right over, turn 1/4 right and step left back, turn 1/4 right and step right side, cross left over (3:00)

**S6 Right Step Touch, Left Kick Ball Cross, Left Side Together, Left Forward Shuffle**

- 1-2 Step right side, touch left together  
3&4 Kick left side, step left side, cross right over  
5-6 Step left side, step right together  
7&8 Chassé forward left-right-left

**S7 1/2 Left Turn, Right Cross Shuffle, Left Step Touch, Right Kick Ball Cross**

- 1-2 Turn 1/4 left and step right back, turn 1/4 left and step left side (9:00)  
3&4 Crossing chassé right-left-right  
5-6 Step left side, touch right together  
7&8 Kick right forward, step right side, cross left over

**S8 Right Side Rock/Recover, Right Sailor, 1/4 Left Toaster, Right Forward, 1/2 Left Turn**

- 1-2 Rock right side, recover to left  
3&4 Right sailor step  
5&6 Turn 1/4 left and left coaster step  
7-8 Step right forward, turn 1/2 left (weight to left) (12:00)  
/Dance will end here facing front

**TAG 1**

- &1-4 Step right side, step left side, step right forward, turn 1/2 left (weight to left), step right forward (6:00)  
&5-8 Step left side, step right side, step left forward, turn 1/2 right (weight to right), step left forward (12:00)

**TAG 2**

- 1-2 Turn 1/8 left and step right forward, turn 1/8 left and step left forward  
3-4 Turn 1/8 left and step right forward, turn 1/8 left and step left forward