

Shout Out!

32 Count, 4 Wall, Intermediate

Choreographer : Sara Lynn – Jan 2017

Choreographed to: Shout Out to My Ex by Little Mix

Intro: 4 counts (start on word ex)

- S1 Cross Hitch, Point, Left Sailor, Cross Hitch, Point, Right Sailor ¼ Turn**
1, 2(1) cross hitch right leg across left, (2) point right toe out to right side
3&4(3) step right foot behind left, (&) step left foot to left side, (4) step right foot to right side
5, 6(5) cross hitch left leg across right, (6) point left toe out to left side
7&8(7) step left foot behind right, (&) step right foot to right side making ¼ turn left (9:00), (8) step left to left side
- S2 Heel X2, Step, ¼ Turn, Heel X2, Step, ¼ Turn**
1&2(1) tap right heel forward, (&) step right foot next to left, (3) tap left heel forward
&3,4(&) step left foot next to right, (3) step right foot forward, (4) pivot ¼ switching weight to left (6:00)
5&6(5) tap right heel forward, (&) step right foot next to left, (6) tap left heel forward
&7,8(&) step left foot next to right, (7) step right foot forward, (8) pivot ¼ switching weight to left (3:00)
- S3 Step Lock, Forward Shuffle, Rock, Recover, Sailor ¼ Turn**
1,2(1) step right foot forward, (2) lock left foot behind right foot forward
3&4(3) step right foot forward, (&) step left foot next to right, (4) step right foot forward
5, 6(5) rock forward on left foot, (6) recover on right foot
7&8(7) ¼ left stepping left behind right, (&) step right slightly to right side, (8) step left forward (12:00)
- S4 Kick Ball Change, Forward Rock Recover, ¼ Side Rock Recover, Side Rock Recover**
1&2(1) kick right foot forward, (&) step right foot next to left, (2) step left foot forward
3,4(3) rock forward on right foot, (4) recover on left foot
&5,6(&) step right foot next to left, (5) make a ¼ left rocking onto left foot (to side), (6) recover to right
&7,8(&) step left foot next to right, (7) rock right to right side, (8) recover to left

BEGIN AGAIN!! HAVE FUN!!

- Tag #1-- 8 Counts At The End Of Wall 5 (facing 9:00)**
1, 2(1) cross hitch right leg across left, (2) point right toe out to right side
3&4(3) step right foot behind left, (&) step left foot to left side, (4) step right foot to right side
5, 6(5) cross hitch left leg across right, (6) point left toe out to left side
7&8(7) step left foot behind right, (&) step right foot to right side making 1/2 turn left, (8) step left to left side
- Tag #2 – 4 Counts At The End Of Wall 12 (facing 6:00)**
1-4 with palms open, arms extended, slowly raise arms from hips to meet above head