

Dedication To My Ex

Phrased, 128 Count, 2 Wall, Improver

Choreographer: Agnethe Hansen (DK) March 2012

Choreographed to: Dedication to My Ex (Miss That) by Lloyd

Sequence : AB, AB, AB, B

PART A - 64 count

- 1 Grapevine ¼ turn right, step ¼ turn left, trawling twist left**
1 – 4 Step right to side, step left behind right, step ¼ turn right, step ¼ turn left
5 – 8 Twist heels to left, twist toes to left, twist heels to left, twist toes in centre
- 2 Rocking chair right, Pivot ½ turn left, cross step, toe point left**
1 – 4 Rock forward on right, rock back on left, Rock back on right, rock forward on left
5 – 8 Step forward on right, pivot ½ turn over left shoulder, step right slightly over left, left toe beside right
- 3 Grapevine ¼ turn left, step ¼ turn right, trawling twist right**
1 – 4 Step left to side, step right behind left, step ¼ turn left, step ¼ turn right
5 – 8 Twist heels to right, twist toes to right, twist heels to right, twist toes in centre
- 4 Monterey ½ turns right x 2**
1 – 4 Touch right toe to right side, on ball left-rotated a ½ turn right, right foot next to left and weight shift to right foot, touch left toe to left side, and back beside right
5 – 8 Touch right toe to right side, on ball left-rotated a ½ turn right, right foot next to left and weight shift to right foot, touch left toe to left side, and back beside right
- 5 Rocking chair right, Pivot hips ¼ turn left X 2**
1 – 4 Rock forward on right, rock back on left, Rock back on right, rock forward on left
5 – 8 Step right forward, ¼ turn left with hips, Step right forward, ¼ turn left with hips
- 6 Rocking chair right, Pivot hips ¼ turn left X 2**
1 – 4 Rock forward on right, rock back on left, Rock back on right, rock forward on left
5 – 8 Step right forward, ¼ turn left with hips, Step right forward, ¼ turn left with hips
- 7 Forward trawling cross points**
1 – 4 Cross right over left, point left to the left side, cross left over right, point right to right side
5 – 8 Cross right over left, point left to the left side, cross left over right, point right to right side
- 8 Backwards trawling cross points, ¼ turn sailor step**
1 – 4 Cross right back left, point left to left side, cross left back right, point right to right side
5 – 6 Cross right back left, point left to left side
7 & 8 ¼ turn left cross behind right, cross left behind right, right foot step to right

PART B - 64 count

- 1 Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right**
1 – 2 & Touch right heel slightly over left foot twice, right foot beside left foot
3 – 4 & Touch left heel slightly over right foot twice, left foot beside right foot
5 – 6 Walk right forward, walk left forward
7 & 8 Kick right forward, step down on right, ball step left beside right
- 2 Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right**
1 – 2 & Touch right heel slightly over left foot twice, right foot beside left foot
3 – 4 & Touch left heel slightly over right foot twice, left foot beside right foot
5 – 6 Walk right forward, walk left forward
7 & 8 Kick right forward, step down on right, ball step left beside right
- 3 Rock right forward, Back lock right, ½ turn left reverse pivots, ¼ turn pivots right**
1 – 2 Rock forward on right, recover onto left
3 & 4 Step back on Right, lock left over right, step back on right
5 – 6 Point left toe back, ½ turn left. Weight shift on to left
7 – 8 Step right foot forward, ¼ turn left

4 Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right

- 1 – 2 & Touch right heel slightly over left foot twice, right foot beside left foot
- 3 – 4 & Touch left heel slightly over right foot twice, left foot beside right foot
- 5 – 6 Walk right forward, walk left forward
- 7 & 8 Kick right forward, step down on right, ball step left beside right

5 Rock right forward, Back lock right, ½ turn left reverse pivots, ¼ turn pivots right

- 1 – 2 Rock forward on right, recover onto left
- 3 & 4 Step back on Right, lock left over right, step back on right
- 5 – 6 Point left toe back, ½ turn left. Weight shift on to left
- 7 – 8 Step right foot forward, ¼ turn left

6 Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right

- 1 – 2 & Touch right heel slightly over left foot twice, right foot beside left foot
- 3 – 4 & Touch left heel slightly over right foot twice, left foot beside right foot
- 5 – 6 Walk right forward, walk left forward
- 7 & 8 Kick right forward, step down on right, ball step left beside right

7 Rock right forward, Back lock right, ½ turn left reverse pivots, ¼ turn pivots right

- 1 – 2 Rock forward on right, recover onto left
- 3 & 4 Step back on Right, lock left over right, step back on right
- 5 – 6 Point left toe back, ½ turn left. Weight shift on to left
- 7 – 8 Step right foot forward, ¼ turn left

8 Heel digs right, Heel digs left, Walk right, Walk left, Kickball change right

- 1 – 2 & Touch right heel slightly over left foot twice, right foot beside left foot
- 3 – 4 & Touch left heel slightly over right foot twice, left foot beside right foot
- 5 – 8 Step right forward, ¼ turn left with hips, Step right forward, ¼ turn left with hips

Ending: Repeat the first 32 counts of sequence B and end with 4 paddle turns facing (12.00)