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Dedication To My Ex

64 Count, 4 Wall, Improver Choreographer: Alison Johnstone (Aus) Nov 2011 Choreographed to: Dedication To My Ex (Miss That) (Clean Version) by Lloyd (feat. Andre 3000 & Lil Wayne), Album: King Of Hearts (119 bpm)

Start: On Vocals on word BABY (16 seconds). CW rotation.

- 1-8 Monteray ¹/₂, Chasse Right, Back Rock, Recover (6.00)
- 1,2 Point Right Toe to side, ¹/₂ Turn Right on ball of Left foot, Step Right next to Left with weight
- 3,4 Touch Left toe to side, Step Left next to Right with weight
- 5&6 Chasse Right stepping Right side, Left next to Right, Right side
- 7,8 Rock Back on Left, Recover on Right
- 9-16 Big Step Left, Slide Right into Left, Touch Right Toe To Left Instep Twice, Kick Right Forward Back Rock, Recover, Right Kick Ball Change (6.00)
- 1, 2 Step Left to Side, Slide Right to Left (no weight)
- 3&4 Touch Right toe to Left instep twice (3&), Low kick Right forward (Toe facing down)
- 5, 6 Rock Back on Right, Recover on Left
- 7&8 Kick Right forward. Step Right beside Left. Step onto left in place (Kick Ball Change)

17-24 Toe Struts Right, Left, Right, Left Completing A Half Circle Over Right (12.00)

1-8 Right Toe Forward, Slap down heel (Toe Strut), Repeat Left, Right Left (Snap fingers on Right Hand on Slap heel part of toe struts - Shimmying shoulders if you wish Also the toe struts complete a ½ turn semi-circle over Right to face 12.00 Wall)

25-32 Hip Bumps Forward On Right, Left, Right, Left (12.00)

- 1&2 Step forward Right bumping hips forward, back, forward
- 3&4 Step forward Left bumping hips forward, back, forward
- 5&6 Step forward Right bumping hips forward, back, forward
- 7&8 Step forward Left bumping hips forward, back, forward
- 33-40 Rock Forward, Recover, ½ Right Turn Shuffle, Rock Forward, Recover, 3/4 Left Turn Shuffle (9.00)
- 1, 2 Rock forward on Right, Recover on Left,
- 3&4 ¹/₂ Turn over Right Shoulder Stepping Right forward, Step Left into Right, Step Right forward
- 5,6 Rock forward on Left, Recover on Right,
- 7&8 3/4 Turn over Left Shoulder Stepping Left forward, Step Right into Left, Step Left forward

41-48 V Step Right Lead, V Step Right Lead (9.00)

- 1, 2 Step diagonally forward on Right, step diagonally forward Left
- 3, 4 Step back on Right, Step Left next to Right
- 5-8 Repeat V Step as 1-4 above

(On 1st 2 counts of V try to step low sinking into knees for attitude)

49-56 Back Rock, Recover, Right kick Ball Change, Prissy Walks Right, Left, Right, Left

- 1, 2 Rock back on Right, Recover on Left,
- 3&4 Kick Right forward. Step Right beside Left. Step onto left in place (Kick Ball Change)
- 5-8 Prissy walks forward Right, left, Right, Left (Sexy Walks)
- 57-64 Pivot ½ Over Left, Full Turn Over Left Or Walk Right Left, Step Right Forward, Side Rock, Step Left Into Right, Touch Right Into Left -Knee Across Left (3.00)
- 1, 2 Step forward Right, Pivot ½ over Left
- 3, 4 ¹/₂ Turn over Left stepping back on Right, ¹/₂ Turn over Left stepping forward on Left
- 5 Step forward on Right
- 6&7 Rock Left to Side, Recover on Right, Step Left next to Right
- 8 Touch Right into Left instep popping Right Knee across Left (Elvis Knee)
- **END:** Wall 7 starting facing 6.00 from counts 33-

Rock Recover ½ Turn Shuffle and then Rock Recover FULL Turn Shuffle (Instead of ¾ Turn Shuffle) to face FRONT (12.00) Then POSE!

This dance is dedicated to Jan Chong who begged me to choreograph to this track. I hope you enjoy