

Dedication To My Ex

Laura Kilian

Type : 64 Count, 4 Wall, Cuban (Cha Cha)
Level : Intermediate
Music : "Dedication To My Ex" by Lloyd (BPM 119)

SIDE, HOLD, TOGETHER, KICK, LOCK STEP BACK, ROCK, RECOVER LOCK STEP

1 LF step to left
2 hold
& RF close to LF
3 LF kick forward
4 LF step back
& RF lock in front of LF
5 LF step back
6 RF rock back
7 LF recover
8 RF step forward
& LF lock behind RF
9 RF step forward

ROCK, RECOVER SWEEP, SAILOR STEP, HOLD, CLOSE & SIDE x3

10 LF rock forward
11 RF recover, sweep with LF
12 LF cross behind RF
& RF step next to LF
13 LF step to left
14 hold
& RF step next to LF
15 LF step to left
& RF step next to LF
16 LF step to left
& RF step next to LF
17 LF step to left

1/8 TURN R, CLOSE, STEP, LOCK STEP, ROCK, RECOVER, 1 3/8 TURN L

18 hold
& RF 1/8 turn right, step next to LF
(1:30)
19 LF step forward
20 RF step forward
& LF lock behind RF
21 RF step forward
22 LF rock forward
23 RF recover
24 LF 3/8 turn left, step forward (9:00)
& RF 1/2 turn left, step back (3:00)
25 LF 1/2 turn left, step forward (9:00)

ROCK, RECOVER, 1/4 TURN R, CHASSÉ RIGHT, 1/4 TURN R, 1/2 STEP TURN R, 1/4 TURN R, CHASSÉ LEFT

26 RF rock forward
27 LF recover
28 RF 1/4 turn right, step to right (12:00)
& LF step next to RF
29 RF step to right, 1/4 turn right (3:00)
30 LF step forward
31 RF 1/2 turn right, step forward (9:00)
32 LF 1/4 turn right, step to left (12:00)
& RF step next to LF
33 LF step to left

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CROSS ROCK L & R, MAMBO CROSS L & R & L, STEP R

34 RF cross rock over LF
 & LF recover
 35 RF step to right
 36 LF cross rock over RF
 & RF recover
 37 LF step to left
 38 RF cross rock over LF
 & LF recover
 39 RF rock back
 & LF recover
 40 RF cross rock over LF
 & LF recover
 41 RF step to right

DRAG, 1/4 TURN L, TOGETHER, TOUCH, LOCK STEP, STEP, 1/2 TURN L & CLOSE, 1/8 TURN L, STEP, 3/8 TURN L, STEP BACK

42 LF drag towards RF
 & LF 1/4 turn left, step next to RF (9:00)
 43 RF touch next to LF
 44 RF step forward
 & LF lock behind RF
 45 RF step forward
 46 LF step forward
 47 RF 1/2 turn left, step together (3:00)
 48 LF 1/8 turn left, step forward (1:30)
 & RF 1/8 turn left, step to right (12:00)
 49 LF 1/8 turn left, step back (10:30)

CLOSE, STEP, LOCK STEP, ROCK, RECOVER, LOCK STEP BACK

50 hold
 & RF step next to LF
 51 LF step forward
 52 RF step forward
 & LF lock behind RF
 53 RF step forward
 54 LF rock forward (10:30)
 55 RF recover
 56 LF step back
 & RF lock in front of LF
 57 LF step back (still 10:30)

1/8 TURN R, HIP BUMPS, 3/4 TURN R, TOUCH L & HIP ROLL, LEFT CHASSÉ

58 RF 1/8 turn right, hip bump to right (12:00)
 59 hip bump to left, weight is on LF
 60 RF 1/4 turn right, step forward (3:00)
 & LF 1/2 turn right, step back (9:00)
 61 RF step back, touch LF forward
 62 start hip roll counter clock wise
 63 finish hip roll
 64 LF step to left
 & RF step next to LF