

L-A-EX

Choreographed by Maggie Gallagher - September 2003

Music - "Sweet Dreams (My L.A. EX)" by Rachel Stevens

Intermediate level 64 count 4 wall line dance - Start after 32 Counts on vocals

HITCH, SIDE, TOGETHER, HITCH, SIDE, CROSS, UNWIND , LEFT WIZARD, TOUCH FORWARD

1&2 Hitch right to left, Step right side right (&), Step left together

3&4 Hitch right to left, Step right side right (&), Cross left over right

5 Unwind right (Transferring weight onto right)

6-7&8 Step left forward, Lock right behind, Step left forward (&), Touch right in front of left

SWIVEL ¼ LEFT, SWIVEL ¼ RIGHT, TOE PRESS, KICK, WALKS BACK, SIDE TOUCH, HOLD

1-2 Swivel both heels to the right turning ¼ left,
Swivel both heels to the left turning ¼ right (Weight left)

3-4 Press right toe forward, Recover onto left kicking right forward

5-6 Walk back right, back left

&7-8 Step back right next to left (&), Touch left to left side, Hold

TOGETHER, SIDE ROCK, MONTEREY ¾ TURN, SIDE TOUCH, HOLD, VAUDERVILLE, VAUDERVILLE ¼ TURN RIGHT

&1-2 Step left together (&), Side right rock, Recover

&3-4 Step right together turning ¾ right (&), Touch left side left, Hold

5&6& Cross left over right, Step back right (&), Left heel to left diagonal, Step left together (&)

7&8 Cross right over left, Step back left turning ¼ right (&), Right heel to right diagonal

TOGETHER, CROSS, STEP SIDE, DRAG, TOGETHER, CROSS, ¼ TURN RIGHT, ¾ TURN RIGHT, LEFT SHUFFLE FORWARD

&1-2 Step right together (&), Cross left over right, Big step right side right

3&4 Drag left towards right, Step left together (&), Cross right over left

5-6 Step back left turning ¼ right, Step right forward turning ¾ right

7&8 Step left forward, Step right together (&), Step left forward

ROCK FORWARD, TOGETHER, SIDE ROCK, TOGETHER, SIDE ROCK, COASTER STEP ¼ RIGHT

1-2& Rock right forward, Recover, Step right together (&)

3-4& Side left rock, Recover, Step left together (&)

5-6 Side right rock, Recover

7&8 Step back right turning ¼ right, Step left together (&), Step right forward

STEP, PIVOT, ChasSe, RIGHT SAILOR STEP, LEFT SAILOR STEP

1-2 Step left forward, turn right (Transferring weight onto right)

3&4 Side left to left side, Together right (&), Side left to left side

5&6 Step right behind left, Step side left (&), Step side right

7&8 Step left behind right, Step side right (&), Step side left

L-A-EX (CONTINUED)

LOW KICKS x 2, STEP BACK, TOUCH FORWARD, HOLD, STEP FORWARD, TOUCH TOGETHER, HOLD, STEP FORWARD, TOUCH FORWARD, HOLD

- 1-2 Low right kick forward x 2
- &3-4 Step back right (&), Touch left forward in front of right (Right shoulder back/Looking back), Hold
- &5-6 Step down on left (&), Touch right together, Hold
- &7-8 Step right forward (&), Touch left forward, Hold

TOGETHER, ROCK FORWARD, FULL TURN RIGHT, OUT-OUT, HOLD, BUMP HIPS LEFT x 2

- &1-2 Step down on left (&), Rock right forward, Recover
- 3-4 $\frac{3}{4}$ turn right stepping right forward, $\frac{3}{4}$ turn right stepping left back
- &5-6 Step side right (&), Step side left, Hold
- 7-8 Bump hips left x2 (Keeping weight on left foot)

End – No Tags – No Restarts !!!