

# 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, linedance - Start after 32 Counts on vocals

## **HITCH, SIDE, TOGETHER, HITCH, SIDE, CROSS, UNWIND 3/4, 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 3/4 right (Transferring weight onto right)
- 6-7&8 Step left forward, Lock right behind, Step left forward (&), Touch right in front of left

## **SWIVEL 1/4 LEFT, SWIVEL 1/4 RIGHT, TOE PRESS, KICK, WALKS BACK, SIDE TOUCH, HOLD**

- 1-2 Swivel both heels to the right turning 1/4 left, Swivel both heels to the left turning 1/4 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 1/2 TURN, SIDE TOUCH, HOLD, VAUDERVILLE, VAUDERVILLE 1/4 TURN RIGHT**

- &1-2 Step left together (&), Side right rock, Recover
- &3-4 Step right together turning 1/2 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 1/4 right (&), Right heel to right diagonal

## **TOGETHER, CROSS, STEP SIDE, DRAG, TOGETHER, CROSS, 1/4 TURN RIGHT, 1/2 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 1/4 right, Step right forward turning 1/2 right
- 7&8 Step left forward, Step right together (&), Step left forward

## **ROCK FORWARD, TOGETHER, SIDE ROCK, TOGETHER, SIDE ROCK, COASTER STEP 1/4 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 1/4 right, Step left together (&), Step right forward

## **STEP, 3/4 PIVOT, ChasSe, RIGHT SAILOR STEP, LEFT SAILOR STEP**

- 1-2 Step left forward, 3/4 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

## **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

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**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 1/2 turn right stepping right forward, 1/2 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 !!!