

Official WCDF competition dance description 2013

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 CLOSE , TOUCH,
LOCK STEP FWD, STEP FWD,
1/4 TURN L CLOSE,
1/4 TURN L STEP SIDE,
1/8 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 1/4 turn left step next to LF (6:00)
48 LF 1/4 turn left step forward (3:00)
& RF 1/4 turn left step side 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