

# EX-ESS

Choreographer: Tony Wilson UK 8/12/99 email: tonyukw@juno.com

32 count -4 wall line dance --intermediate

Music: The Ex-Files 206/103bpm --Bellamy Brothers --Lonely Planet album (written for 103bpm)

Alternative: All Fired Up 204/102bpm--Dan Seals--Step in Line

Teach: I Left Something Turned On At Home 151/71bpm--Trace Adkins--Dreamin' Out Loud

Except For Monday 172/86bpm--Lorrie Morgan--Greatest Hits

## **1-8 X TOUCHES, WALK R, WALK L, R KICKBALL CHANGE**

- 1& Right step forward on right diagonal, Left touch beside Right
- 2& Left step back on left diagonal, Right touch beside Left
- 3& Right step to right side, Left touch beside Right
- 4 Left step forward on left diagonal
- 5-6 Right walk forward, Left walk forward
- 7&8 Right kick forward, Right step beside Left, Left step in place

## **9-16 1/2 TURN LEFT, SHUFFLE R,L,R, X TOUCHES**

- 1-2 Right step forward, Pivot turn 1/2 left
- 3&4 Right step forward, Left close to Right, Right step forward
- 5& Left step forward on left diagonal, Right touch beside left
- 6& Right step back on right diagonal, Left touch beside Right
- 7& Left step to left side, Right touch beside left
- 8 Right step forward on right diagonal

## **17-24 ROCK & CROSS, ROCK & CROSS, SIDE, BEHIND, 1/4 TURN SHUFFLE L, R, L**

- 1&2 Left rocking step to left side, Right step slightly back, Left cross in front of Right
- 3&4 Right rocking step to right side, Left step slightly back, Right cross in front of Left
- 5-6 Left step to left side, Right step behind Left
- 7&8 Left step to side, Right close to Left turning 1/4 left, Left step forward.

## **24-32 1/2 TURN LEFT, R KICK BALL CHANGE, WALK R, L, TOUCH, UNWIND 1/2 RIGHT**

- 1-2 Right step forward, 1/2 pivot turn left
- 3&4 Right kick forward, Right step beside Left, Left step in place
- 5-6 Right walk forward, Left walk forward
- 7-8 Right toe touch behind Left, unwind 1/2 turn right ending with weight on Left

Start dance again