

L-A-EX	
Choreographer:	Maggie Gallagher (UK) September 2003
Choreographed to:	'Sweet Dreams (My L.A. Ex)' (130 bpm), by Rachel Stevens (32 count intro, start on vocals) from 'Funkydory' CD, also available on CD single.
Type:	4 Wall. 64 Counts.
Level:	Intermediate.

Section 1	Hitch & Close, Hitch & Cross, Unwind 3/4, Modified Lock Step, Touch.
1 & 2	Hitch right to left. Step right to right side. Step left beside right.
3 & 4	Hitch right to left. Step right to right side. Cross left over right.
5 – 6	Unwind 3/4 turn right. (Weight ends on right). Step left forward.
7 & 8	Lock right behind left. Step left forward. Touch right in front of left.
Section 2	Heel Swivels, Toe Press, Kick, Walks Back, Side Touch, Hold.
1 – 2	Swivel heels right turning 1/4 left. Swivel heels left turning 1/4 right.
3 – 4	Press right toe forward. Recover back on left kicking right forward.
5 – 6	Walk back right. Walk back left.
& 7 – 8	Step right beside left. Touch left to left side. Hold.
Section 3	Close, Right Rock, 1/2 Turn, Touch, Hold, Vaudeville, Vaudeville 1/4 Turn.
& 1 – 2	Close left beside right. Rock right to right side. Recover onto left.
& 3 – 4	Make 1/2 turn right step right beside left. Touch left to left side. Hold.
5 &	Cross left over right. Step right diagonally back on right.
6 &	Touch left heel diagonally forward left. Step left beside right.
7 &	Cross right over left. Make 1/4 turn right stepping back on left.
8	Touch right heel diagonally forward right.
Section 4	Close, Cross, Side Step, Drag & Cross, 1/4 Turn, 1/2 Turn, Shuffle.
& 1 – 2	Close right beside left. Cross left over right. Big step right to right side.
3 & 4	Drag left towards right. Step left together. Cross right over left.
5	Make 1/4 turn right stepping left back.
6	Make 1/2 turn right stepping forward right.
7 & 8	Step left forward. Close right beside left. Step left forward.
Section 5	Forward Rock, Close, Left Rock, Close, Right Rock, Coaster 1/4 Turn.
1 - 2 &	Rock right forward. Recover onto left. Close right beside left.
3 - 4 &	Rock left to left side. Recover onto right. Close left beside right.
5 – 6	Rock right to right side. Recover onto left.
7 & 8	Make 1/4 right stepping back on right. Step left beside right. Step right forward.
Section 6	Step 3/4 Pivot, Chasse Left, Right Sailor, Left Sailor.
1 – 2	Step left forward. Pivot 3/4 turn right.
3 & 4	Step left to left side. Close right beside left. Step left to left side.
5 & 6	Cross right behind left. Step left to left side. Step right to right side.
7 & 8	Cross left behind right. Step right to right side. Step left to left side.
Section 7	Kicks x2, Step Touch, Hold, Step Touch, Hold, Step Touch, Hold.
1 - 2	Low kick right forward twice.
& 3 – 4	Step right back. Touch left forward across right. Hold.
& 5 – 6	Step left in place. Touch right beside left. Hold.
& 7 – 8	Step right forward. Touch left forward. Hold.
Section 8	Close, Rock Step, Full Turn Right, Out-Out, Hold, Bump Hips x2.
& 1 – 2	Step left in place. Rock forward on right. Recover onto left.
3 – 4	Make 1/2 right stepping right forward. Make 1/2 right stepping left back.
& 5 – 6	Step right out to right. Step left out to left. Hold.
7 – 8	Bump hips left twice. (Weight remains on left.)