

Ex's and Oh's *(released October 2017)*

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Music: Ex's and Oh's by Elle King
(several sources e.g. Love Stuff Album by Elle King
and Download at several sources)

Rhythm/Phase: JV PH IV+2+3 UP (Chassé Roll, Stop and Go, Swing Out, Swing In, Shuffling Doors)

Footwork: Opposite throughout, directions for M unless otherwise stated

Sequence: **Intro-AB*-Inter-ABC-B-End**

INTRO

1-8 **WAIT 2 MEAS;; 4 SAILOR SHUFFLES;;**
1-2 OP-FCG WALL ld ft free for both wt 2 meas;;
3-4 {**Sailor Shuffles**} XLib/sd R, sd L, xRib/sd L, sd R; XLib/sd R, sd L, xRib/sd L, sd R;
(W xRib/sd L, sd R, xLib/sd R, sd L; xRib/sd L, sd R, xLib/sd R, sd L;)

Part A

1-8 **BASIC ROCK ~ STOP AND GO ~ LINK ROCK;:::: SWING OUT ~
SHOULDER SHOVE TO LOP;::**

1,2,3á,4;1á,2,1-5 {**Bas Rk**} Rk apt L, rec R, sd L/cl R, sd L; sd R/cl L, sd R,
3,4; {**Stop & Go**} Rk apt L, rec R; fwd L/cl R, fwd L [M catches W w/ R hnd on W's L shld blade
1á,2,3,4; at end of trpl to stop her mvt], rk fwd R, rec L; sm bk R/cl L, bk R to LOP-FCG WALL,
1á,2, (W Rk apt R, rec L, fwd R comm ½ LF trn/cl L, fwd R and sd comp ½ LF trn undr jnd hnds to
end at M's R sd; rk bk L, rec R, fwd L comm ½ RF trn/cl R, fwd and side L comp ½ RF trn
undr jnd hnds to fc M);

3,4;1á,2,3á,4; {**Link Rock**} Rk apt L, rec R; sm trpl fwd L/R,L to CP WALL, sd R/L,R;
1,2; 6-8 {**Swing Out**} Trng LF to SCP Rk bk L, rec R to fc; sd L/cl R, sd L ldg W to turn LF to
3á,4,1á,2; end in LOP both fcg WALL, sd R/cl L, sd R [apt from ptr];
(W Rk bk R to SCP, rec L to fc; sd R/cl L, sd R trng ½ LF to end in LOP WALL,
twd LOD & apt from ptr sd L/cl R, sd L.)

3,4; 1á,2; 4-8 {**Mod Shldr Shove**} XLib, rec R, sd L/cl R, sd L twd ptr gently bumping M's L and W's
3á,4, R shldrs tog; separating from ptr sd R/cl L, sd R to LOP WALL,

9-16 SHUFFLING DOORS;; SWING IN TO BFLY ~ WINDMILL 2X ~ AMERICAN SPIN TO BFLY :::::

- 1,2; 9-10 {**Shuffling Doors**} XLib, rec R; sd chassé L/R,L travlg bhd W to end in OP WALL, XRib,
3á,4;1,2; rec L; sd chassé R/L,R travlg in front of W,
3á,4; (*W XRib, rec L; sd chassé R/L,R travlg in front of M, XLib, rec R; sd chassé L/R,Ltravlg bhd M,*) to end in LOP WALL,
[Option: use Guapa Timing for the Shuffling Doors: -/&,2; 3á,4, -/&,2-; 3á,4,]
1,2; 11-16 {**Swing In**} XLib, rec R; sd L/cl R, sd L ldg W to turn RF to CP WALL, sd R/cl L, sd R;
3á,4,1á,2; (*W XRib, rec L; sd R/cl L, sd R trng ½ RF to CP, sd L /cl R, sd L,*)
Note on Swing Out and Swing In: for the Man it's just a Falwy Rk trng the Lady to LOP
[Swing Out] or leading her bk to CP [Swing In]. The feeling is like Falwy thrwy, but overtrnd
for W & w/o any turn for M.
3,4;1a,2 {**Windmill**} Rk apt L, rec R; fwd chassé L/R,L while maintaining BFLY incline body slightly
3a,4; to L & trng ¾ LF after the trpl, retrng arms & body to normal & contg LF trn sd chassé R/L,R
to BFLY COH;
1,2;3a,4; 1a,2; Repeat meas 12 ½ - 13 to LOFP WALL;;,
3,4;1a,2 {**Amer Spin**} L/R, L lead W rf spin, R/L, R BFLY fc WALL
3a,4; (*W R/L, R spin rf full trn, L/R, L BFLY fc COH*)

17-24 PROGRESSIVE ROCKS; CHASSÉ L AND R; SPANISH ARMS 2X;;; LINK ROCK ~ FALLAWAY THROWAWAY;;;:

- 1,2; 17-18 {**Prog Rks**} BFLY apt L, rec R, apt L, rec R progress LOD
3,4; (*W apt R, rec L, apt R, rec L progress LOD*);
1á,2,3á,4 {**Chasse L & R**} Sd L/cl R, sd L, sd R/cl L, sd R ;
1,2,3á,4 19-24 {**Span Arms**} Rk bk L, rec R trn rf, sd L/cl R, sd L continuing rf trn; sd R/cl L, sd R,
1á,2 (*W Rk bk R, rec L trn ¼ lf, sd R/cl L, sd R trn ¾ rf; sd L/cl R, sd L*);
3,4;1a,2; 3a,4; Repeat meas 20 ½ - 21 to LOFP WALL;;,
1,2,3á,4,1á,2 {**Link Rock**} Rk apt L, rec R; sm trpl fwd L/R,L to CP WALL, sd R/L,R;
3,4,1á,2; {**Falwy Thrwy**} Trng LF to SCP Rk bk L, rec R, sd and fwd L/cl R, sd and fwd L ldg W to trn
3á,4; ½ LF [folding in front]; sd and fwd R/cl L, sd and fwd R to LOP-FCG LOD,

Part B*

1-8 CHICKEN WALKS;; CHANGE PLACES L TO R CONT CHASSÉ;; JIVE WALKS ~ SWIVEL WALKS 2 QUICKS;; SWIVEL WALKS 4 SLOWS;;*

- 1,3; 1,2 1-4 {**Chicken Wks**} Lead W fwd swivel wks bk L, __, bk R, __
(*W swivel rf on L fwd R, __, swivel lf on R fwd L, __*);
3,4 Lead W fwd swivel wks bk L, R, L, R (*W swivel wks fwd R, L, R, L*)
1,2; 3á,4á {**Chg L to R Cont Chasse**} LOP LOD apt L, rec R, L/R, L lead W lf underarm trn fc WALL
(*W apt R, rec L, R/L, R lf underarm trn fc COH*);
1á,2á, 3á,4á CP WALL sd R RLOD/cl L, sd R/cl L, sd R/cl L, sd R CP
(*W sd L RLOD/cl R, sd L/cl R, sd L/cl R, sd L fc COH*);
1,2; 3á,4,1á,2; 5-8 {**Jive Wlks**} Trng LF to SCP Rk bk L, rec R; fwd chassé L/R,L, fwd chassé R/L,R;
3,4; {**Swvl Wlk 2 qks**} Wlk fwd and sd L,R,
(*W Swvl LF on ball of L ft fwd R, swvl RF on ball of R ft fwd L*),
1,3; 1,3; {**Swvl Wlk 4 slws**} Wlk fwd and sd L; R; L; R;
(*W Swvl LF on ball of L ft fwd R; swvl RF on ball of R ft fwd L;*
swvl LF on ball of L ft fwd R; swvl RF on ball of R ft fwd L;)

Interlude

1-8 CHASSÉ L AND R; PRETZEL TURN;;;

- 1-4 {Chasse L & R} Repeat meas 18 of Part A;
 1,2,3á,4; {Prtzl Trn} Trng LF to SCP Rk bk L, rec R to fc, sd L/cl R, sd L trng ½ RF (*W LF*)
 1á,2,3,4; keeping M's L and W's R hnd jnd [ptrs end BK-TO-BK]; sd R/cl L, sd R trng slightly RF
 1á,2,3á,4; (*W LF*) to a BK-TO-BK "V" pos w/ M's L and W's R hnd still jnd bhd bk, rk fwd L Xing in frnt
 twd LOD w/ trl hnd xtnd fwd, rec R trng LF; sd L/cl R, sd L trng ½ LF (*W RF*) to fc ptr still
 retaining M's L & W's R hnds jnd, sd R/cl L, sd R to CP WALL;

REPEAT PART A

Part B

1-8 CHICKEN WALKS;; CHANGE PLACES L TO R CONT CHASSÉ;; JIVE WALKS ~ SWIVEL WALKS 2 QUICKS;; SWIVEL WALKS 4 SLOWS;;

Repeat meas 1-8 of Part B*;; ;;;

9-16 THROWAWAY; CHICKEN WALKS 4 QUICKS; CHANGE PLACES L TO R CONT CHASSÉ;; JIVE WALKS ~ SWIVEL WALKS 2 QUICKS;; SWIVEL WALKS 4 SLOWS;;

- 1á,2,3á,4; 9-10 {Throwawy} LOD lead W fwd to fc ptr L/R, L, LOP LOD R/L, R
 (*W fwd LOD R/L, R lf trn, LOP fc RLOD L/R, L*);
 1,2; 3,4 {Chicken Wks 4 qks} Lead W fwd swivel wks bk L, R, L, R
 (*W swivel wks fwd R, L, R, L*);
 11-16 Repeat meas 3-8 of Part B*;; ;;;

Part C

1-8 CHASSÉ L AND R; CHASSÉ ROLL-2X;;; R TURNING FALLAWAY 2X;;;

- 1-5 {Chasse L & R} Repeat meas 18 of Part A;
 1,2,3á,4á; {Chassé Roll-2x} Rk bk L to SCP, rec R to fc, sd chasse twd LOD L/R,L swvlg ½ RF
 1á,2á,3á,4á; (*W LF*) on last step of trpl to end in BK-TO-BK; sd chassé twd LOD R/L,R swvlg ½ RF
 1,2,3á,4á; (*W LF*) on last step of trpl to end fcg, chassé twd LOD L/R,L swvlg ¼ RF (*W LF*) on last
 1á,2á,3á,4; step of trpl to end SD-BY-SD fcg RLOD; rk bk R, rec L, trng LF (*W RF*) sd chasse twd
 RLOD R/L,R swvlg ½ LF (*W RF*) on last step of trpl to end in BK-TO-BK; sd chassé twd
 RLOD L/R,L swvlg ½ LF (*W RF*) on last step of trpl to fc ptr and WALL, sd chassé R/L,R twd
 RLOD to CP fcg WALL;
 1,2,3á,4á; 6-8 {RF Trng Falwy} Rk bk L to Semi-CP, rec R to fc, ¼ rf trn sd L/cl R, complete trn sd L;
 1á,2á; commence ¼ rf trn sd R/cl L, complete trn sd R,
 (*Rk bk R, rec L to fc, ¼ rf trn sd R/cl L, sd R; ¼ rf trn sd L/cl R, sd L*)
 3,4; 1á,2á; 3á,4á; Repeat meas 6-7½ CP WALL;;,

9-16 CHANGE PLACES R TO L ~ CHANGE HANDS BEHIND BACK;;; STOP AND GO;; CHANGE HANDS BEHIND BACK ~ SHOULDER SHOVE TO LOFP LOD;;;

- 1,2; 9-11 {Chg Plcs R to L} Bk L RLOD, rec R (*W bk R RLOD, rec L*);
 3á,4; 1á,2 L/R, L lead W rf underarm trn fc LOP LOD, R/L, R
 (*W R/L, R rf underarm trn fc RLOD, L/R, L*);
 3,4,1á,2; {Chg Hnds Bhd Bk} Rk apt L, rec R, chg W's R hnd to M's R hnd fwd chassé L/R,L
 3á,4; chg W's R hand back to L hnd bhd bk trng ½ LF (*W RF*)
 at end of trpl to LOP-FCG RLOD; chassé R/L,R,
 12-16 {Stop & Go} Repeat meas 1½ - 3½ of Part A LOP-FCG RLOD;
 {Chg Hnds Bhd Bk} Repeat meas 9½-11 LOP-FCG LOD;
 3,4; 1á,2; {Shldr Shove} XLib, rec R, sd L/cl R, sd L twd ptr gently bumping M's L and W's
 3á,4; R shldrs tog; separating from ptr sd R/cl L, sd R to LOP-FCG LOD;

REPEAT PART B

End

- 1-4 4 SAILOR SHUFFLES;; JUMP APART:**
 1-4 {**Sailor Shuffles**} Repeat meas 1-2 of Part A;
 Jump Apart!

Head Cues**Sequence: Intro-AB*-Inter-ABC-B-End**

Intro:	LOFP Id ft free;; 4 Sailor Shuffles;;
Part A:	Basic;;; Stop'n'Go;; Link Rock;;; Swing Out;;; Shoulder Shove;;; Shuffling Doors;; Swing In to Bfly;;; Windmill -2x;;; American Spin (to BFLY);;; Prog Rock; Chasse L&R; Spanish Arms -2x;;; Link Rock;;; Fallaway Throwaway;;;
Part B:	Chicken Walks;; Change Pl L to R with Continuous Chasses;; Jive Walks;; Swivel Walk 6 (2 qk, 4 sl);;;* => Inter Throwaway; Chicken Walks 4 quicks; Change Pl L to R with Continue Chasses;; Jive Walks;; Swivel Walk 6 (2 qk, 4 sl);;;;
Part C:	Chasse L&R; Chasse Roll -2x;;; R Trng Fallaway -2x;;; Chg Pl R to L;;; Change Hnds bh the bk;;; Stop'n'Go;; Change Hnds bhd the bk;;; Shoulder Shove;;; (to fc)
Inter:	Chasse L&R; Pretzel Turn;;;;
End:	Chasse L&R; 4 Sailor Shuffles;; Jump Apart;