

Express Yourself EZ

Compte: 32

Mur: 4

Niveau: Beginner



Chorégraphe: Karen Buckle (AUS) - March 2025

Musique: Express Yourself - Madonna

ou: (Shake Shake Shake) Shake Your Booty - KC and the Sunshine Band

ou: Survivor / I Will Survive (Glee Cast Version) - Glee Cast

Position: Weight on left

Intro: 32 Counts – Begin on Lyrics

Note: Restart During Wall 11 After 16 Counts

: No restarts for alternative music

Section 1: Walk Fwd RL, Shuffle Fwd, Rock, Recover, Shuffle Back

1 2 Step forward on RF, Step forward on LF
3&4 Shuffle forward RLR
5 6 Rock forward on LF, Recover onto RF
7&8 Shuffle back LRL

Section 2: R Rock Recover Cross Shuffle, L Rock Recover Cross Shuffle

1 2 Step RF to right side, Recover onto LF
3&4 Cross RF over LF, Shuffle RLR
5 6 Step LF to left side, Recover onto RF
7&8 Cross LF over RF, Shuffle LRL

(*RESTART HERE WALL 11 facing 6:00*)

Section 3: Grapevine R, Grapevine L 1/4 Turn

1 2 RF step to the right side, LF cross behind RF
3 4 RF step to the right side, Touch LF next to RF with clap
5 6 LF step to the left side, RF cross behind LF
7 8 LF step forward with 1/4 to the left (09:00), Touch RF next to LF with clap

Section 4: V Step, Sway x4

1 2 Step RF forward onto R diagonal (45 deg), Step LF forward onto L diagonal (45 deg)
3 4 Step RF back to centre, Step LF beside RF
5 6 Step RF to right side swaying right, Sway left taking weight onto LF in place
7 8 Sway right taking weight onto RF in place, Sway left taking weight onto LF in place