

# Express Yourself EZ

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Karen Buckle (AUS) - March 2025  
音乐: Express Yourself - Madonna  
或: (Shake Shake Shake) Shake Your Booty - KC and the Sunshine Band  
或: 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