

# Express Yourself

**COPPER KNOB**  
STEPSHEETS

拍数: 48                      墙数: 4                      级数: Advanced waltz  
编舞者: Audrey Gendre  
音乐: Don't Let Your Feet Slow You Down - Rodney Crowell



## TURNING BALANCE, CHECK FORWARD

- 1                      Turn  $\frac{1}{4}$  turn to the left and step left foot forward (9:00)
- 2                      Step right foot forward,  $\frac{1}{2}$  turn to the left (face 3:00)
- 3                      Step left foot forward
- 4                      Check right foot forward
- 5                      Recover onto left foot
- 6                      Cross right foot behind left foot (face 1:30)

## TWINKLE, CROSS, $\frac{1}{4}$ TURN, $\frac{1}{4}$ TURN

- 1                      Step left foot forward in front of right foot (1:30),  $\frac{1}{8}$  turn to the right
- 2                      Step right foot diagonally forward to the right (1:30)
- 3                      Step left foot diagonally forward to the left (10:30)
- 4                      Cross right foot in front of left foot,  $\frac{1}{4}$  turn to the right
- 5                      Step left foot back (9:00),  $\frac{1}{4}$  turn to the right
- 6                      Step right foot to the right (face 6:00)

## FORWARD FULL TURN, CHECK

- 1                      Step left foot forward,  $\frac{1}{2}$  turn to the left
- 2                      Step right foot back,  $\frac{1}{2}$  turn to the left
- 3                      Step left foot forward
- 4                      Lunge right foot forward
- 5                      Recover on left foot,  $\frac{1}{8}$  turn to the left
- 6                      Step right foot back (10:30)

## BACK TWINKLES

- 1                      Step left foot back (10:30),  $\frac{1}{8}$  turn to the right
- 2                      Step right foot to the side,  $\frac{1}{8}$  turn to the right
- 3                      Step left foot back (1:30)
- 4                      Step right foot back,  $\frac{1}{8}$  turn to the left
- 5                      Step left foot to side,  $\frac{1}{8}$  turn to the left
- 6                      Step right foot back (10:30),  $\frac{1}{8}$  turn to the left

## HEEL TURN, TURNING BALANCE

- 1                      Step left foot back (9:00)
- &                      Step right foot next to left foot
- 2                      Turn  $\frac{1}{2}$  right on the heels transferring weight on right foot (face 9:00)
- 3                      Step left foot forward (9:00)
- 4                      Step right foot forward
- 5                      Step left foot forward,  $\frac{1}{2}$  turn right (face 3:00)
- 6                      Take weight to right foot

## SPIN, CROSS CHECK, RONDE

- 1                      Step left foot forward (3:00)
- 2-3                      Full turn left on left foot (feet together)
- 4                      Cross right foot check
- 5                      Recover on left foot

6 Rondé front-to-back with right foot

**SYNCOPATED FULL TURN, TWIST, FULL TURN**

- 1 Cross right foot behind left foot,  $\frac{1}{4}$  turn to the left
- & Step left foot forward,  $\frac{1}{4}$  turn to the left
- 2 Step right foot to the right,  $\frac{1}{2}$  turn to the left
- 3 Step left foot to the left (12:00)
- 4 Cross right foot in front of left foot
- & Twist  $\frac{3}{4}$  turn to the left
- 5-6 Turn 1 more full turn left on right foot fanning left foot forward (end facing 6:00)

**FULL TURN LEFT, CHECK, 1/8 TURN**

- 1 Step left foot forward (6:00),  $\frac{1}{2}$  turn left
- 2 Step right foot back,  $\frac{1}{2}$  turn left
- 3 Step left foot forward
- 4 Check right foot forward
- 5 Recover on left foot,  $\frac{1}{8}$  turn to the left
- 6 Step right foot back,  $\frac{1}{8}$  turn to the left (face 3:00)

**REPEAT**

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