

Express Yourself

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2
編舞者: Jodee Shadinger (USA)
音樂: Express Yourself - Madonna



This dance won 1st place in Non-Country Inter/Advance New Choreography and 1st place in overall New Choreography in November 2001 at the Las Vegas Country Western Dance Finale

TOUCH TOE RIGHT; ½ TURN RIGHT; TOUCH TOE RIGHT; KICK AND TOUCH; SWING KNEE; BUMP HIPS TWICE

- 1&2 Touch right toe to right side; turn ½ turn to right (weight stays on left); touch right toe to right side
- 3&4 Kick right foot forward; step right next to left; touch left toe to left side
- 5-6 Roll left knee in and around to the left (turn ¼ turn left as you do so)
- &7&8 Bump hips forward; bump hips back; bump hips forward; bump hips back

LEFT SHUFFLE; PIVOT AND TOUCH; RIGHT SHUFFLE; PIVOT AND TOUCH

- 1&2 Step left foot forward; step right next to left; step left foot forward
- 3&4 Step right foot forward; pivot ½ turn left (weight ending on left); touch right toe forward
- 5&6 Step right foot forward; step left next to right; step right foot forward
- 7&8 Step left foot forward; pivot ½ turn right (weight ending on right); touch left toe forward

RAISE LEFT LEG WITH ¼ TURN; VINE RIGHT; ROCK STEP; CROSS; UNWIND; WALK; WALK

- 1-2 Slightly raise straight left leg to left side doing a ¼ turn right; cross left behind right
- &3-4 Step right to right side; rock left across right; replace weight to right
- &5-6 Step left next to right; cross right over left; unwind ½ turn left (weight ending on left)
- 7-8 Step right foot forward; step left foot forward (slightly in front of right)

ROCK FORWARD; REPLACE; FULL TURN; COASTER STEP; CROSS LEFT OVER RIGHT; UNWIND

- 1-2 Rock forward on right; rock back on left
- 3-4 Step back on right turning ½ turn right; step forward on left turning ½ turn right
- 5&6 Step back on right; step left next to right; step forward on right
- 7-8 Cross left over right; unwind ½ turn right (weight ending on left)

REPEAT