

Express Yourself

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Debbie Diachuk (CAN)
音樂: Express Yourself - Madonna



3rd Place Vancouver Vibrations '06

ROCK RECOVER, TRIPLE FULL TURN, ROCK RECOVER, SIDE ROCK CROSS

12 Right rock back, recover onto left
3&4 Triple full turn to the left, right left right
56 Left rock back, recover onto right
7&8 Left side-rock, recover right, cross left over right (weight on left)

TRIPLE BACK, TRIPLE BACK, SIDE TOUCHES, FORWARD HEEL TOUCH, STEP

1&2 Right triple step back, right left right (bring left in front of right - lock-back-lock)
3&4 Left triple step back. Left right left (bring right in front of left - lock-back-lock)
5&6& Touch right toe to right side, recover right beside left, touch left to left side, recover left beside right, (weight on left)
7&8 Touch right heel forward, recover step forward left

FORWARD PIVOT, BACK TOGETHER KICK, FORWARD PIVOT STEP, TRIPLE-HALF TURN

12 Step forward right, pivot ½ turn to the right, step left beside right
3&4& Right step back, left together, low kick right to the right diagonal, step right beside left
56 Step forward left, pivot ½ turn to the left, step right
7&8 Triple-half turn to the left (option: rondé your left leg in this triple for styling)

FORWARD PIVOT, RIGHT SIDE TRIPLE, BACK-ROCK SIDE, CROSS & TOUCH

12 Step forward right pivot ½ turn to the left
3&4 Turn ¼ turn right & step onto right to the right side, step left beside right, step right to right side (weight on right)
5&6 Left back-rock, point to left side
7&8 Cross left over right with a touch, step left beside right, touch right beside left (option: bend right knee inward to the left at the same time as you touch)

REPEAT