

# Express Yourself

**COPPER** KNOB  
STEPSHEETS

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**

---