

Express Yourself

拍數: 48 牆數: 4 級數: Advanced waltz
編舞者: Audrey Gendre
音樂: Don't Let Your Feet Slow You Down - Rodney Crowell



TURNING BALANCE, CHECK FORWARD

- 1 Turn ¼ turn to the left and step left foot forward (9:00)
- 2 Step right foot forward, ½ 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, ¼ TURN, ¼ TURN

- 1 Step left foot forward in front of right foot (1:30), 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, ¼ turn to the right
- 5 Step left foot back (9:00), ¼ turn to the right
- 6 Step right foot to the right (face 6:00)

FORWARD FULL TURN, CHECK

- 1 Step left foot forward, ½ turn to the left
- 2 Step right foot back, ½ turn to the left
- 3 Step left foot forward
- 4 Lunge right foot forward
- 5 Recover on left foot, 1/8 turn to the left
- 6 Step right foot back (10:30)

BACK TWINKLES

- 1 Step left foot back (10:30), 1/8 turn to the right
- 2 Step right foot to the side, 1/8 turn to the right
- 3 Step left foot back (1:30)
- 4 Step right foot back, 1/8 turn to the left
- 5 Step left foot to side, 1/8 turn to the left
- 6 Step right foot back (10:30), 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 ½ 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, ½ 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
