

拍數: 80 牆數: 4 級數: Phrased Improver / Intermediate
編舞者: Gary Stubbs (UK) - January 2011
音樂: Express - Christina Aguilera : (Burlesque Soundtrack)



Sequence: A Tag 1 A A B B B B Tag 2 B To The End.

Very Quick Intro Start after 2 counts , start on the word CRAZY.

Part A

R Toe Strut , L Toe Strut , R Toe Strut , L Toe Strut With Finger Snaps.

- 1-2 Touch right toe forward, drop right heel to floor taking weight and click fingers.
- 3-4 Touch left toe forward, drop left heel to floor, taking weight and click fingers.
- 5-6 Touch right toe forward, drop right heel to floor taking weight and click fingers.
- 7-8 Touch left toe forward, drop left heel to floor, taking weight and click fingers.

Rock , Shuffle Back , Rock , Shuffle Forward.

- 1-2 Rock Forward On To Right, Recover Weight onto Left.
- 3&4 Step Right Back, Step Left Together , Step Right Back.
- 5-6 Rock Back On To Left, Recover Weight onto Right.
- 7&8 Step Left Forward, Step Right Next To Left , Step Left Forward.

Hip Bumps Quarter Turns.

- 1&2 Step Right Foot Forward Making a quarter turn as you Bump Hips To The Right , Bum Hips Left , Bump Hips Right with Weight.
- 3&4 Step Left Foot Forward Making a quarter turn as you Bump Hips To The Left , Bum Hips Right , Bump Hips Left With Weight.
- 5&6 Step Right Foot Forward Making a quarter turn as you Bump Hips To The Right , Bum Hips Left , Bump Hips Right with Weight.
- 7&8 Step Left Foot Forward Making a quarter turn as you Bump Hips To The Left , Bum Hips Right , Bump Hips Left with Weight.

Jump Forward, Knee Pops , Jump Back, Knee Pops , R Sailor , L Sailor.

- &1&2 Step Forward Right And Left , Raise Both Heels Bending the Knees and Drop Heels To Floor Straightening Knees.
- &3&4 Step Back Right and Left, Raise Both Heels Bending the Knees and Drop Heels To Floor Straightening Knees.
- 5&6 Cross Right Behind Left , Step Left To Left Side , Step Right to Right Side.
- 7&8 Cross Left Behind Right , Step Right to Right Side , Step Left To left Side.

Part B

Walk , Walk , Shuffle , Pivot Half Turn , Half and A Quarter.

- 1-2 Walk Right , Walk Left.
- 3&4 Step Right Foot Forward, Step Left Next To Right , Step Right Foot Forward.
- 5-6 Step Forward On The Left, Pivot Half Turn Right.
- 7-8 Make another Half Turn Stepping Back On the Left, Step Right To Right Side Making a Quarter Turn Right .

Cross Shuffle , Hip Bumps , Sailor Quarter Turn Left , Walk Right Left.

- 1&2 Cross Left Over Right, Step Right To Right Side , Cross Left Over Right.
- 3&4 Step Right To Right Side Bumping Hips to the Right , Bump Hips Left , Bump Hips Right Taking Weight.

5&6 Cross Left Behind Right , Step Right To Right Side making a Quarter Turn Left , Step Left Foot Forward.
7-8 Walk Forward Right and Left.

R Mambo Step, Step Back Sit, Hip Bumps.

1&2 Rock Forward on To Right, Recover on To Left, Step Back On Right.
3-4 Step Back On to Left, Raise Right Heel as You Sit on to Left.
5-6 Bump Hips Forward and Back.
7-8 Bump Hips Forward and Back Taking Weight.

Step , Rock and Cross , Rock and Cross, Quarter Turn , Coaster Step.

1-2&3 Step Forward Onto Right , Rock left to Left Side, Recover onto Right , Cross Left Over Right.
4&5 Rock Right to Right Side, Recover onto Left, Cross Right Over Left.
6 Make a Quarter Turn To Right Stepping Back On Left.
7&8 Step Back onto Right , Step Left Next to Right , Step Right Forward.

Rock ,Recover ,Coaster Cross ,Ball Cross ,Point ,Cross Side Cross.

1-2 Rock Forward Onto Left , Recover onto Right.
3&4 Step Back on the Left , Step Right Next to Left , Cross Left Over Right.
&5 Step Right To Right Side and Cross Left Over Right.
6-7&8 Point Right To Right Side , Cross Right Over Left , Step Left Next To Right , Cross Right Over Left.

Side Rock , Recover , Sailor Half Turn , R Charleston Forward , Point , Pivot.

1-2 Rock Left To Left Side , Recover on to Right.
3&4 Make 1/4 turn to Left as you cross step Left behind Right, 1/4 turn to Left stepping Right next to Left, step forward on Left.
5-6 Swing right around to touch forward, Swing right back around and step right next to left.
7-8 Point Left Behind Right , Unwind Half Turn Over Left Shoulder Taking weight onto Left.

Tag 1: After the First A After the Sailor Steps add These 4 Counts.

1-2 Rock Back On The Right , Recover On To Left.
3-4 Touch Right Next To Left, Hold For 1 Count.

Tag 2: After 24 counts on the 5th B do these 8 counts and Restart.

1-2 Step Forward Right , Point Left Out To Left.
3-4 Cross Left Over Right , Point Right to Right Side.
5-6 Cross Right Over Left, Step Back On The Left.
7-8 Step Right To Right Side , Step Forward Left.
