

Express Yourself

COPPER KNOB
STEPSHEETS

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Debbie Diachuk (CAN)

Musik: 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ turn to the left
- 3&4 Turn $\frac{1}{4}$ 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