Express



Count: 80 Wall: 4 Level: Phrased Improver / Intermediate

Choreographer: Gary Stubbs (UK) - January 2011

Music: Express - Christina Aguilera : (Burlesque Soundtrack)



Sequence: A Tag 1 A A B 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. |

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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 Behnd 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.