拍数： 80
壇数： 4
级数：Phrased Improver／Intermediate
编舞者：Gary Stubbs（UK）－January 2011
音乐：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．

## 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．
$5 \& 6 \quad$ 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．

7-8 Walk Forward Right and Left.

## R Mambo Step,Step Back Sit, Hip Bumps.

$1 \& 2 \quad$ 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.
$6 \quad$ 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.

