

# EXPRESS YOURSELF

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Debbie Diachuk

**Music:** Express Yourself by 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**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=56185](https://www.linedance.com/index.php?f=dance_view&id=56185)