

Express Yourself

Choreographed by: Bracken Ellis, James JP Potter (USA) Mar 07

Music: *Express Yourself (127 BPM) * by *Barbara Tucker (CD: Love Vibrations)*

Descriptions: 32 count - 4 wall - Beginner/Intermediate level line dance

32 count introduction, Rotates clockwise

Written for the Boogie Til the Cows Come Home event, Hosted by Michele Burton & Michael Barr

The Amoocan Gothic comes to life at Boogie 2007 in Corning, California!

?Save your MONET, fill up with DEGAS, get in your VAN & GOGH to BOOGIE ?

Express Yourself!!? *Boogie Til the Cows Come Home * / Website

<<http://www.MichaelandMichele.com>>

1-8 * STEP POINT, STEP POINT, JAZZ BOX*

1,2 Step Right forward; Point Left to left side

3,4 Step Left forward; Point Right to right side

5,6 Step Right across (in front of) left; Step Left back

7,8 Step Right to right side; Step Left forward

Alternate Steps 1-8 for intermediate dancers:

STEP BALL CHANGE, STEP BALL CHANGE, SYNCOPATED JAZZ POINT

1&2 Step Right forward; & Step ball of Left foot to left side; Step right in place

3&4 Step Left forward; & Step ball of Right foot to right side; Step left in place

5,6 Step Right across (in front of) left; Step Left back

&7,8 & Step Right to right side; Step Left across (in front of) right; Point Right to right side

9-16 * FORWARD, HITCH, BACK, HEEL, BACK, BACK, BACK, TOUCH*

1,2 Step Right forward; Hitch Left knee up

3,4 Step Left back; Tap Right heel forward

5,6 Step Right back; Step Left back

7,8 Step Right back; Touch Left next to right

Alternate Steps 9-16 for intermediate dancers:

CROSS, HITCH, BACK, HEEL, TURN, TURN, BACK, TOUCH

1,2 Step Right across (in front of) left; Facing left diagonal, hitch Left knee up

3,4 Squaring up to front wall, step Left back; Tap Right heel forward

5,6 Make 1/2 turn right and step Right forward; Make 1/2 turn right and

step Left back

7,8 Step Right back; Touch Left next to right

BACK ROCK, (SIDE) BALL CHANGE, TOUCH, 1/4 TOUCH, SIDE TOUCH

1,2 Rock Left back; Recover to Right

& 3,4 & Step ball of Left foot to left side; Step Right in place; Touch Left next to right

5,6 Make 1/4 turn left and step Left forward; Touch Right next to left

7,8 Step Right to right side; Touch Left next to right

*BACK ROCK, STEP PIVOT STEP, POINT-STEP-TOUCH-STEP-POINT-STEP-HEEL-STEP *

1,2 Rock Left Back; Recover to Right

3 & 4 Step Left Forward; & Pivot Ω Turn Right; Step Left forward

5&6& Point Right forward; & Step Right next to left; Touch Left next to right (pop left knee); & Step Left next to right

7&8& Point Right to right side; & Step Right next to left; Touch Left heel forward; & Step Left next to right

Begin Again!

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