

EXPRESS YOUR MIND

Choreographer: Yvonne Anderson. Scotland.

Description: 64 count, 4 wall, High Intermediate, line dance

Music: Express, by Dina Carroll, BPM 112, Album So Close

Notes: Start on vocal (long introduction)

1-8 R TOE TOUCHES- KICK, FWD SAILOR 1/4 R, CROSS, HOLD, SNAP, UNWIND 1/2 TURN R WITH HEEL FLICK

- 1&2 Touch R toe beside L, & Touch R toe slightly forward, Kick R forward
- 3&4 Step R across L, & Making 1/4 R step L to L, Step R to R
- 5-6 Cross L over R and slap R hip with R hand, HOLD and Slap L hip with L hand
- 7-8 Snap R fingers to R, Make 1/2 turn R and flick L heel up **(9 o'clock)**

9-16 CROSS, HOLD, & BEHIND, & IN-FRONT, JAZZ BOX WITH 1/2 TURN R

- 1-2 Step L across R, Hold and flick both hands out to sides palms down
- &3 & Step R to R, Step L behind R
- &4 & Step R to R, Step L across R
- 5-6 Step R across L, Step L back making 1/4 turn R
- 7-8 Make 1/4 turn R stepping R forward, Step L forward **(3 o'clock)**

17-24 REVERSE SAMBAS R AND L, ROCK RECOVER, FULL TURN FORWARD

- 1&2 Step RIGHT to Right, Touch LEFT beside Right and snap fingers to Right
- 3&4 Step LEFT 1/4 turn Left, Touch RIGHT beside Left and snap fingers to Left **(9 o'clock)**
- (note: on counts 1-4 use shoulder shrugs and twist body to emphasise movement)*
- 5-6 Rock back on R, Recover weight on L
- 7-8 Travelling forward make a full turn left stepping R, L **(3 o'clock)**

25-32 MICKEY STEPS with 1/4 turn r, STEP 1/2 L, L KICK, L COASTER STEP

- &1 & Step R forward, Step L beside R and swing arms back
- &2 & Making 1/4 R step R back, Step L beside R and swing both arms forward
- &3 & Step R forward, Step L beside R and swing arms back
- &4 & Step R back, Step L beside R and swing both arms forward **(6 o'clock)**
- 5-6 Step R forward making 1/2 turn L, Kick L forward **(12 o'clock)**
- 7&8 Step L Back, & Step R beside L, Step L forward

33-40 STEP, POINT, STEP, POINT, SYNCHOPATED WEAVE WITH 1/2 R

- 1-2 Step R forward, Point L to L and snap fingers
- 3-4 Step L forward, Point R to R and snap fingers
- 5&6 Step R across L, & Step L to L, Step R behind L
- &7 & Step LEFT to Left, Step RIGHT across Left
- &8 & Making 1/4 R step L back, Make 1/4 R stepping R to side **(6 o'clock)**

41-48 FORWARD SHUFFLE FORWARD L AND R, KICK AND POINT, BEHIND & IN-FRONT

- 1&2 Shuffle forward stepping L, R, L
- 3&4 Shuffle forward Stepping R, L, R
- 5&6 Kick L forward, & Step L beside R, Point R toes to R
- 7&8 Step R behind L, & Step L to L, Step R across L

49-56 KICK AND POINT, COASTER 1/4 L, STEP TURN 1/2, SHUFFLE FORWARD L

- 1&2 Kick L forward, & Step L beside R, Point R toes to R
- 3&4 Making 1/4 turn L step R behind L, & step L beside R, Step R slightly forward **(3 o'clock)**
- 5-6 Step L forward, Pivot 1/2 R weight on R **(9 o'clock)**
- 7&8 Shuffle forward Stepping L, R, L

57-64 ROCK ROCK, RECOVER, FULL TRIPLE TURN, ROCK RECOVER, 1/2 TURN SHUFFLE

- 1-2 Rock R forward, Recover weight on L
- 3&4 Make full turn R stepping R,L,R
- 5-6 Rock L forward, Recover weight on R
- 7&8 Make 1/2 turn L stepping L, R, L **(3 o'clock)**

REPEAT – ENJOY!