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## Express

Phrased, 80 Count, 4 Wall, Improver
Choreographer: Gary Stubbs (UK) Jan 2011
Choreographed to: Express by Christina Aguilera
CD: 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 $1 / 4$ Turns.
1\&2 Step Right Foot Forward Making a $1 / 4$ turn bumping Hips Right, Left, Right with Weight.
$3 \& 4$ Step Left Foot Forward Making a $1 / 4$ turn Bumping Hips Left, Right, Left With Weight.
5\&6 Step Right Foot Forward Making a $1 / 4$ turn as you Bump Hips Right, Left, Right with Weight
7\&8 Step Left Foot Forward Making a $1 / 4$ turn as you Bump Hips Left, Right, 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 Knees and Drop Heels To Floor Straightening Knees.
\&3\&4 Step Back Right and Left, Raise Both Heels Bending 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 Behind Right, Step Right to Right Side, Step Left To left Side.

## Part B

Walk, Walk, Shuffle, Pivot 1/2 Turn, 1/2 and A 1/4.
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 1/2 Turn Right.
7-8 Make a 1/2 Turn Stepping Back On Left, Step Right To Right Side Making a 1/4 Turn Right
Cross Shuffle, Hip Bumps, Sailor 1/4 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 Right, Left, Right Taking Weight.
5\&6 Cross Left Behind Right, Step Right To Right Side making a $1 / 4$ 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, $1 / 4$ 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 $1 / 4$ 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 1/2 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 1/2 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.

