

# EXPRESS YOUR MIND

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**Count:** 64

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** Yvonne Anderson

**Music:** Express by Dinah Carroll

## RIGHT TOE TOUCHES-KICK, FORWARD SAILOR $\frac{1}{4}$ RIGHT, CROSS, HOLD, SNAP, UNWIND $\frac{1}{2}$ TURN RIGHT WITH HEEL FLICK

- 1&2** Touch right toe beside left, touch right toe slightly forward, kick right foot forward
- 3&4** Step right across left, making  $\frac{1}{4}$  turn right step left foot to left, step right foot to right
- 5-6** Cross left foot over right foot and slap right hip with right hand, hold and slap left hip with left hand
- 7-8** Snap right fingers to right, make  $\frac{1}{2}$  turn right and flick left heel up

## CROSS, HOLD, & BEHIND, & IN-FRONT, JAZZ BOX WITH $\frac{1}{2}$ TURN RIGHT

- 1-2** Step left foot across right, hold and flick both hands out to sides palm down
- &3** Step right foot to right, step left foot behind right
- &4** Step right foot to right, step left foot across right
- 5-6** Step right foot across left, step left foot back making  $\frac{1}{4}$  turn right
- 7-8** Make  $\frac{1}{4}$  turn right stepping right foot forward, step left foot forward (3:00)

## REVERSE SAMBAS RIGHT AND LEFT, ROCK RECOVER, FULL TURN FORWARD

- 1&2** Rock right foot to right diagonal, recover weight on left, step right foot behind left
- 3&4** Rock left foot back to left diagonal, recover weight on right, step left behind right

**On counts 1-4, use shoulder shrugs and twist body to emphasize movement**

- 5-6** Rock back on right foot, recover weight on left foot
- 7-8** Traveling forward make a full turn left stepping right, left (3:00)

## MICKEY STEPS WITH $\frac{1}{4}$ TURN RIGHT, STEP $\frac{1}{2}$ LEFT, LEFT KICK, LEFT COASTER STEP

- &1** Step right foot forward, step left foot beside right foot and swing arms back
- &2** Making  $\frac{1}{4}$  turn right step right foot back, step left foot beside right foot and swing both arms forward
- &3** Step right foot forward, step left foot beside right foot and swing arms back

- &4** Step right foot back, step left foot beside right foot and swing both arms forward (6:00)
- 5-6** Step right foot forward making  $\frac{1}{2}$  turn left, kick left foot forward (12:00)
- 7&8** Step left foot back, step right foot beside left, step left foot forward

### **STEP, POINT, STEP, POINT, SYNCOPATED WEAVE WITH $\frac{1}{2}$ RIGHT**

- 1-2** Step right foot forward, point left foot to left and snap fingers
- 3-4** Step left foot forward, point right foot to right and snap fingers
- 5&6** Step right foot across left, step left foot to left, step right foot behind left
- &7** Step left foot to left, step right foot across left
- &8** Making  $\frac{1}{4}$  turn right step left foot back, make  $\frac{1}{4}$  turn right stepping right foot to side (6:00)

### **SHUFFLE FORWARD LEFT AND RIGHT, KICK AND POINT, BEHIND & IN-FRONT**

- 1&2** Shuffle forward stepping left, right, left
- 3&4** Shuffle forward stepping right, left, right
- 5&6** Kick left foot forward, step left foot beside right, point right toes to right
- 7&8** Step right foot behind left, step left foot to left, step right foot across left foot

### **KICK AND POINT, COASTER $\frac{1}{4}$ LEFT, STEP TURN $\frac{1}{2}$ , SHUFFLE FORWARD LEFT**

- 1&2** Kick left foot forward, step left foot beside right, point right toes to right
- 3&4** Making  $\frac{1}{4}$  turn left step right foot behind left foot, step left foot beside right foot, step right foot slightly forward (3:00)
- 5-6** Step left foot forward, pivot  $\frac{1}{2}$  right with weight on right foot (9:00)
- 7&8** Shuffle forward stepping left, right, left

### **ROCK, RECOVER, FULL TRIPLE TURN, ROCK RECOVER, $\frac{1}{2}$ TURN SHUFFLE**

- 1-2** Rock right foot forward, recover weight on left foot
- 3&4** Make full turn right stepping right, left, right
- 5-6** Rock left foot forward, recover weight on right foot
- 7&8** Make  $\frac{1}{2}$  turn left stepping left, right, left (3:00)

### **REPEAT**