

THE HOOK

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Count: 32 **Wall:** 2 **Level:** intermediate

Choreographer: Morgan Ratcliffe

Music: Free (Single Sexy And Sweet) by Mya

KICK & TOUCH, SQUAT DOWN & UP, & STEP ½ PIVOT WITH FLICK, STEP ½ RONDE

- 1&2** Kick right foot forward, step back on right foot, touch left toe forward
- 3-4** Bend both knees and push hips back (like sitting down), straighten knees returning to standing
- &5** Step left foot back next to right, step right foot forward
- 6** Pivot ½ turn to the left as you flick right foot up behind you
- 7** Step right foot forward
- 8** Turn ½ turn to the left on ball of right foot as you ronde left leg round in the air to behind right

BEHIND, SIDE, CROSS, STEP HEEL TAP, PIVOT ¼ TURN, MOONWALKS BACK

- 9&10** Cross right foot behind left, step left foot to left side, cross right foot over left
- 11&12** Step right foot to right, raise right heel and tap it down, make ¼ turn right on balls of both feet (end with left heel raised)
- 13-16** Moonwalk going back for four counts (end with right heel raised)

BALL STEP, ¼ TURN LEFT, ROLL SHOULDERS, SIT TO RIGHT, BALL STEP ½ PIVOT, KICK BODY ROLL UP

- &17-18** Step ball of left foot in place, step right foot forward, pivot ¼ turn to left (weight on both feet)
- 19&20** Roll right shoulder back, roll left shoulder back, bend knees and bump hips to right
- &21** Step ball of left foot in place, step right foot forward
- 22** Pivot ½ turn to left
- 23&24** Kick right foot forward low, body roll up from the knee to the head

KICK OUT OUT, HOLD, KNEES ROLL IN AND OUT, HEEL TAPS AND HIPS BUMPS

- 25&26** Kick left foot forward, step left foot back and to left, step right foot back and to right (feet now shoulder width apart)

27 Hold

&28 Roll both knees in, roll both knees out

&29 Tap left heel, tap right heel and bump hips to left

Arm styling: snap/click both hands forward(right arm crossed over left)

&30 Tap right heel, tap left heel and bump hips right

Arm styling: snap/click both hands down by sides

&31 Tap left heel, tap right heel and bump hips to left

Arm styling: snap/click fingers up above head

&32 Tap right heel, tap left heel and bump hips to right

Arm styling: snap/click both hands down by sides

REPEAT