

WESTCOAST MIX

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Count: 32 **Wall:** — **Level:** —

Choreographer: Barry Durand

Music: Free by Faith Hill

Position: Facing partner with Man's left hand to Lady's right hand

This can be danced with one partner or as a mixer. For the song "Free", do the pattern complete 4 times. Then do the Big Partner Change for 16 counts. Then do the pattern complete 4 more times. Then do 4 count hip sways with new partner. Then finish to end normal

SUGAR PUSH

1-2-3MAN: Step back on left, step back on right, tap left near right

LADY: Step forward right, step forward left, tap right together behind left

4-5&6MAN: Step slightly forward left, triple in place right-left-right

LADY: Step back on right, triple in place left-right-left

Hands: hold on count 1. On count 2 present right hand to her left palm out so that she can touch your hand and push off 3,4. Lady touches the man's hand on 2 and pushes slightly off on 3,4

UNDERARM TURN

1-2MAN: Step back on left, cross front stepping on right turning body slightly right

LADY: Walk forward right, walk forward left

3&4MAN: Triple step left-right-left turning almost $\frac{1}{2}$ turn to the right (facing lady)

LADY: Step forward with right foot turning $\frac{1}{4}$ left so that the right step is actually side, cross in front with left, step side right turning $\frac{1}{4}$ turn to left (facing man)

5&6MAN: Triple in place right-left-right

LADY: Triple in place left-right-left

Hands: on count 2 raise left hand (lady's right) so that lady can turn under arm

LEFT SIDE PASS

1-2MAN: Step back on left, step side on right

LADY: Walk forward right, walk forward left

3&4MAN: Triple step left-right-left turning $\frac{1}{2}$ turn to the left (facing lady)

LADY: Step forward with right foot turning $\frac{1}{4}$ left so that the right step is actually side, cross in front with left, step side right turning $\frac{1}{4}$ turn to left (facing man)

5&6MAN: Triple in place right-left-right

LADY: Triple in place left-right-left

Hands: on count 2 don't raise left hand (lady's right) so that lady can just run by without going under arm

SUGAR BUMP TURN

1-2MAN: Step back on left, step together on right turning $\frac{1}{4}$ turn to right

LADY: Step forward right, step forward left turning $\frac{1}{4}$ turn to left

3MAN: Bring left hip up toward lady and bump (slight body contact is ok) hip to hip

LADY: Bring right hip up toward man and bump (slight body contact is ok) hip to hip

4MAN: Bring left foot down and continue turning

LADY: Bring right foot down and continue turning

5&6MAN: Then triple in place right-left-right while you finish about $\frac{1}{2}$ turn to the right to face the direction you started (toward the lady)

LADY: Then triple in place left-right-left while you finish about half a turn to the left to face the direction you started (toward the man)

Hands: on count 2 step together or slightly forward and drop the right hand (man's) and on 3 be gentle with the bump and keep it turning letting go of left hand. Re-catch left hand (man's) on count 6

CLOSED WHIP

1-2MAN: Step back on left, cross in front step on right

LADY: Step forward on right, step forward left turning $\frac{1}{2}$ turn to right

3&4MAN: Triple left-right-left turning $\frac{1}{2}$ turn to face lady. End with feet apart so she can step between feet

LADY: Coaster (back right, together left, forward right) right-left-right ending with right foot forward between man's feet. On the end of count 4 you will start turning to the right

5MAN: Keep weight on left and turn $\frac{1}{4}$ turn to the right stepping side on right foot

LADY: Step side with the left foot. You will have turned $\frac{1}{2}$ turn facing the direction you started

6MAN: Keep turning and make $\frac{1}{4}$ turn right stepping side left (again facing lady)

LADY: Step back right

7&8MAN: Triple in place right-left-right

LADY: Triple in place left-right-left

Hands: on count 2 catch into closed position, on count 3& the lady will expand away from you like a rubber band. By count 4 she is coming back at you and will step between your feet with her right foot. Stay in closed position while you rotate right (open the door) and let go of closed position with the right arm back to a single hand hold man's left to lady's right on count 6

Note for mixer:

On count 7&8 the man can do a vine step that travels to his left so that he can pick up the next lady in a circle formation. If the mixer is not done, just don't move on the triple

REPEAT

BIG PARTNER CHANGE

Man does the last triple on 7&8 still moving but turns a quarter turn left. Then he will be on the inside of the circle. Lady does the last triple on 7&8 but turns a quarter turn left. Then she will be on the outside of the circle

1-2MAN: Move forward with left step, right step together

LADY: Move forward with right step, left step together

3-4MAN: Left step forward, right knee up

LADY: Right step forward, left knee up

5-6MAN: Right step forward, left together

LADY: Left step forward, right together

7-8MAN: Right forward, left knee up

LADY: Left forward, right knee up

9-16BOTH: Repeat 1-8

Because you will have moved one partner up on the last pattern of the dance, when you start the Big Partner Change you will move up one partner again. Clap man's right and lady's right hand to the next partner as you pass on 4, then again on 8, then again on 12, then on 16 catch man's left (lady's right) to start the pattern again