

# FREE YOUR MIND

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Pete Harkness

**Music:** Free Your Mind by En Vogue

## KICK HITCH $\frac{1}{4}$ TURN, CROSS UNWIND, WALK, WALK, MAMBO STEP

**1&2** Kick right in front & hitch right leg, on ball of left  $\frac{1}{4}$  turn right stepping right to side

**3-4-5-6** Cross left over right, unwind  $\frac{3}{4}$  turn right, walk forward left then right

**7&8** Rock forward on left & recover on right, step back on left

## STEP LOCK STEP, SIDE CROSS TOUCH, CROSS UNWIND, STEP BACK TOUCH

**1&2** Step back on right & cross right over left, step back on right

**&3-4** Step left to side & cross right over left, touch left out to side

**5-6-7&8** Cross left over right, unwind  $\frac{3}{4}$  turn right, step back on right & step back on left, touch right in front

## KICK & POINT TWICE, CROSS UNWIND, COASTER STEP

**1&2** Kick right in front & step right beside left, touch left toes to side

**3&4** Kick left in front & step left beside right, touch right toes to side

**5-6** Cross right over left, unwind  $\frac{3}{4}$  turn left

**7&8** Step back on left & step right beside left, step forward on left

## SYNCOPATED ROCKS, LOCK STEPS, ROCK $\frac{1}{2}$ TURN, STEP $\frac{3}{4}$ TURN & KNEE POP SEC 4

**1&2&** Rock forward on right & recover on left, rock back on right & recover on left

**3&4** Step forward on right & lock left foot behind right, step forward on right

**5&6** Rock forward on left & recover on right, make  $\frac{1}{2}$  turn left stepping forward on left

**7&8** Step forward on right & on ball of right  $\frac{3}{4}$  turn left stepping left beside right, pop right knee over left

## REPEAT