

Count: — Wall: — Level: —

Choreographer: Frank Cooper

Music: Free Your Mind by En Vogue

PART A

SIDE ROCK & POINT, BALL CROSS, TAP STEP, CROSS ROCK, RECOVER & SWEEP, SAILOR WITH PUSH

- 1&2** Rock right foot out to right side, recover onto left foot, point right toe to right side
- &3&4** Step right foot slightly back, step left foot over right foot (3, tap right toe out on diagonal to right, step forward on right foot on right diagonal)
- 5-6&** Rock left foot over right, recover onto right foot, sweep left toe around to the left
- 7&8** Step left foot behind right, step right to right side, take a big step out to left side on left foot

ROCK & STEP, SYNCOPATED WEAVE $\frac{1}{4}$ TURN, ROCK & TOUCH, TWIST TWIST TWIST $\frac{1}{2}$ TURN

- 9&10** Rock back on right foot, recover onto left foot, step right out to right side
- 11&12** Step left foot behind right, step right forward making a $\frac{1}{4}$ turn right, step forward on left foot
- 13&14** Rock forward on right foot, recover onto left foot, touch right toe forward
- 15&16** Swivel heels right, left, right making a $\frac{1}{2}$ turn left, weight ending on right foot

COASTER STEP, SIDE ROCK & CROSS, SIDE ROCK & CROSS, SYNCOPATED WEAVE WITH POINT MAKING $\frac{1}{4}$ TURN LEFT

- 17&18** Step back on left foot, step together with right foot, step forward on left foot
- 19&20** Rock right foot out to right side, recover onto left foot, step right foot over left
- 21&22** Rock left foot out to left side, recover onto right foot, step left foot over right
- &23&24** Step back on right foot making a $\frac{1}{4}$ turn left, step left foot to left side, step right foot over left foot, point left toe to left side

STEP ACROSS, COASTER STEP, WALK, PIVOT $\frac{1}{2}$ TURN LEFT, STEP TURN TOUCH MAKING $\frac{1}{2}$ TURN RIGHT

- 25** Step left foot over right

- 26&27** Step back on right foot, step together with left, step forward on right
- 28** Step forward on left
- 29-30** Point right toe forward, pivot ½ turn left, stepping forward on left foot
- 31&32** Step forward on right foot, step back on left foot making ½ turn right, touch right toe beside left foot

PART B

SIDE ROCK, SHUFFLE SIDE, CROSS ROCK, SIDE SHUFFLE

- 1-2** Rock right foot out to right side, recover onto left foot
- 3&4** Step right to right side, step left beside right, step right foot to right side
- 5-6** Rock left foot over right, recover onto right foot
- 7&8** Step left foot to left side, step right foot beside left, step left foot to left side

SAILOR STEP, SAILOR STEP WITH SYNCOPATED STEP TOUCH FORWARD, ROCK STEP BACK, PIVOT ½ TURN

- 9&10** Step right foot behind left, step left foot to left side, step right foot to right side
- 11&12** Step left foot behind right, step right foot to right side, step left foot forward
- &13-14** Touch right toe up behind left foot, rock back on right foot, recover onto left
- 15-16** Point right toe forward, pivot ½ turn left, stepping forward on left foot
- 17-32** Repeat the above 16 counts