

# Free Your Mind

**COPPER** KNOB  
BY STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Pete Harkness (UK)

Music: Free Your Mind - En Vogue



## **KICK HITCH ¼ TURN, CROSS UNWIND, WALK, WALK, MAMBO STEP**

- 1&2 Kick right in front & hitch right leg, on ball of left ¼ turn right stepping right to side  
3-4-5-6 Cross left over right, unwind ¾ 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 ¾ 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 ¾ turn left  
7&8 Step back on left & step right beside left, step forward on left

## **SYNCOPATED ROCKS, LOCK STEPS, ROCK ½ TURN, STEP ¾ 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 ½ turn left stepping forward on left  
7&8 Step forward on right & on ball of right ¾ turn left stepping left beside right, pop right knee over left

**REPEAT**

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