

# Free Your Mind

**COPPER** KNOB  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Pete Harkness (UK)  
音樂: 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**

---