

FREE YOUR MIND

2-27-93
INT DUET
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WAIT 16 BEATS - PROMENADE POSITION

PART A:

2 BASICS: DS RS DS RS
L R R L

SHOW-OFF: DS RS K(xif)K(unx) ^{5 Scuff} B H
L R R R R L

T.L.: DS BR(xif)BR(x)T S S DS RS BR SL
L R R R R L R L L R

REPEAT

PART B:

COWBOY: DS DS DS BR(xif)SL DS RS RS RS
L R L R L R L L L

CHARLESTON: DS K H TH RS
L R L R L

ROCKING: DS BR SL DS RS
CHAIR L R L R L

2 PUSH: DS RS RS RS ALT. FEET
OFFS L R R R

JOEY: DS B B B B B B
L R L R L R L

TRIPLE: DS DS DS RS
R L R L

PART C:

SLUR BRUSHES: DS SLUR DS BR SL
ALT. FEET L R L R L

PUM, PUM, KICK: T T K T
PUM L L L L

FANCY DOUBLE: DS DS RS RS LET GO HANDS
1/2 RIGHT L R L L

REPEAT IN PROMENADE POSITION

PART D:

2 SLIDE:H FLAP S DS RS ALT. FEET
BASICS L L R L R

HIPS:HP HP HP HP HP HP HP HP
R R L L R L R L

REPEAT

PART D*:

SAME AS PART D EXCEPT TURN 1/2 TO
RIGHT EACH TIME AFTER HIPS.

JAZZ:

"FREE YOUR:MIND" CIRCLE HANDS IN FRONT OF
YOU,RIGHT IN FRONT OF
LEFT.PLACE HANDS BACK AT
YOUR SIDE.(DROP HANDS)

"BURNIN':TCH(ots)TCH(ots)TCH(ots)DIG
LOVE" L R L L

S K - PLACE HANDS ON KNEES
L R AND BEND.POP UP.

PIVOT:S PIVOT(BRING L FOOT UP)S
TURN R R L
LEFT

SHOULDER:ROLL R SHOULDER,THEN L,THEN
ROLLS R L R L.REPEAT WITH OPPOSITE
SHOULDER.

4 STEP:S TCH REPEAT 3 MORE TIMES(ALT)
TOUCH R L

U&U,B&B:S S(UP)S S(BACK) - BEND KNEES
3 TIMES R L R L PAUSE,POP
UP.REPEAT
2 MORE
TIMES.

4 GRAPE:S(ots)S(xb)S(ots)DIG (ALT.)
VINES* R L R L

*ON 4TH GRAPEVINE REPLACE DIG WITH A
STEP.

SEQUENCE:A,B,C,D,A,B,C,D,D*,JAZZ,C,D,
D*.