

Free To Be...You And Me

Choreographer: Hank & Judy Scherrer 560 Main St., Herculaneum, Mo 63048 636 479 6880
 Music: **Free To Be...You And Me** Artist: The New Seekers Judy@ScherrerDance.com
 CD: Free To Be...You And Me Track: 1 download at Amazon.com & others
 Footwork: Opposite unless noted Speed: as on CD or to suit
 Rhythm: **TS** Phase: **II +1** Fishtail Time: **2:40**
 Sequence: **INTRO - A - B - BRG - A - Bmod - BRG - A - B1-4 - END** Release: November 2013
 The music has a break at 2:40, and the dance ends at that time.

INTRO

1-4 CP WALL LEAD FOOT FREE WAIT 2 MEAS;; SD CL SD TCH; SD CL SD TCH;

1-2 CP WALL lead foot free WAIT 2 meas;;
 3-4 Sd L, cl R, sd L, tch R to L; Sd R, cl L, sd R, tch L to R; CP WALL

5-8 TRAVELING BOX to SCP;;;;

5-6 Sd L, cl R, fwd L, -; To RLOD fwd R, -, fwd L, -;
 7-8 Sd R, cl L, bk R, -; To LOD fwd L, -, fwd R SCP LOD, -;

A

1-4 2 FWD 2 STEPS;; 2 TURN 2 STEPS FC LOD;;

1-2 Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -;
 3-4 Sd L, cl R, sd & fwd L turning RF,-; Sd R, cl L, sd & fwd R turning RF to fc LOD,-;

5-8 PROG SCIS CHECKING;; FISHTAIL; WLK & FC BFLY;

5-6 Sd L, cl R, XLif (XRib),-; Sd R, cl L, XRif (XLib),-;
 7-8 XLib (XRif), sd R, fwd L, LRib (LLif); Fwd L (bk R), -, fwd R fc Wall (bk L fc partner);

9-12 TRAVELING DOOR TWICE to OP LOD;;;;

9-10 Sd L, -, rec R, -; XLif (xRif), sd R, XLif (XRif), -;
 11-12 Sd R, -, rec L, -; XRif (XLif), sd L, fwd R OPEN LOD (fwd L to OPEN LOD),-;

13-16 CIRCLE AWAY 2 2 STEPS;; SLOW STRUT TOG 4 BFLY;;

13-14 To COH (WALL) fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R to fc partner & WALL (COH), -;
 15-16 Fwd L, -, fwd R, -; Fwd L, -, fwd R BFLY WALL, -;

B

1-4 FC to FC; BK to BK; FC to FC; BK to BK AROUND to FC REV;

1-2 Sd L, cl R, sd L turn LF, -; to LOD sd R, cl L, sd R turn RF (LF) to fc partner, -;
 3-4 Sd L, cl R, sd L turn LF, -; to LOD sd R, cl L, turn LF sm bk R (turn RF sm bk L) to fc RLOD, -;
 L Open RLOD

5-8 BK HITCH; SCIS THRU; TWIRL VINE 2; WLK & FC;

5-6 Bk L, cl R, fwd L, -; Fwd R turn LF (RF), cl L fc LOD, fwd R, -; OPEN LOD
 7-8 Sd L, -, XRib (thru L turn RF under joined lead hands), -; Sd L, -, thru R fc WALL (thru L fc partner & COH), -; CP WALL

BRG

1-4 TRAVELING BOX to SCP;;;;

1-2 Sd L, cl R, fwd L, -; To RLOD fwd R, -, fwd L, -;
 3-4 Sd R, cl L, bk R, -; To LOD fwd L, -, fwd R SCP LOD, -;

REPEAT A

Bmod**1-4 FC to FC; BK to BK; FC to FC; BK to BK AROUND to FC REV;**

1-2 Sd L, cl R, sd L turn LF, -; to LOD sd R, cl L, sd R turn RF (LF) to fc partner, -;

3-4 Sd L, cl R, sd L turn LF, -; to LOD sd R, cl L, turn LF sm bk R (turn RF sm bk L) to fc RLOD, -;
L Open RLOD**5-8 BK HITCH; SCIS THRU to OPEN; 2 FWD 2 STEPS to FC;;**

5-6 Bk L, cl R, fwd L, -; Fwd R turng LF (RF), cl L fc LOD, fwd R, -; OPEN LOD

7-8 Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R turng to fc partner & WALL, -;

9-10 TWIRL VINE 2; WLK & FC;

9-10 Sd L, -, XRib (thru L turng RF under joined lead hands), -; Sd L, -, thru R fc WALL (thru L fc partner & COH), -; CP WALL

REPEAT BRG**REPEAT A****B1-4****1-4 FC to FC; BK to BK; FC to FC; BK to BK AROUND to FC REV;**

1-2 Sd L, cl R, sd L turn LF, -; to LOD sd R, cl L, sd R turn RF (LF) to fc partner, -;

3-4 Sd L, cl R, sd L turn LF, -; to LOD sd R, cl L, turn LF sm bk R (turn RF sm bk L) to fc RLOD, -;
L Open RLOD**END****1-4 BK HITCH; SCIS THRU to OPEN; 2 FWD 2 STEPS [OPEN];;**

1-2 Bk L, cl R, fwd L, -; Fwd R turng LF (RF), cl L fc LOD, fwd R, -; OPEN LOD

3-4 Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R OPEN LOD, -;

5-8 HITCH 6 to FC;; BBALL TURN;;

5-6 Fwd L, cl R, bk L, -; Bk R, cl L, fwd R fc partner & WALL, -;

7-8 Sd L, -, rec R turn RF (LF), -; Cont RF turn sd L to RLOD (LF sd R to RLOD), -, rec R finish RF turn to fc (finish LF turn to fc partner), -;

9-12 SLOW OPEN VINE 4;; BOX;;

9-10 Sd L, -, XRib opening to RLOD, -; Sd L LOD fc partner, -, thru R LOD, -;

11-12 FC WALL blend CP sd L, cl R, fwd L, -; Sd R, cl L, bk R, -;

13-16 SD CL SD TCH; SD CL SD TCH; TWIRL VINE 2; APT PT;

13-14 To LOD sd L, cl R, sd L, tch R to L; To RLOD sd R, cl L, sd R, tch L to R;

15-16 Sd L, -, XRib (thru L turng RF under joined lead hands to fc partner), -; Apt L (R), -, pt R (L), -;

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TS II +1
Fishtail

INTRO - A - B - BRG - A - Bmod - BRG - A - B1-4 - END

**INTRO CP WALL LEAD FOOT FREE WAIT 2 MEAS;; SD CL SD TCH; SD CL SD TCH;
 TRAVELG BOX to SCP;;;**

**A 2 FWD 2 STEPS;; 2 TURNG 2 STEPS FC LOD;;
 PROG SCIS CHECKING;; FISHTAIL; WLK & FC BFLY;
 TRAVELING DOOR TWICE to OP LOD;;;
 CIRCLE AWAY 2 2 STEPS;; SLOW STRUT TOG 4 BFLY;;**

**B FC to FC; BK to BK; FC to FC; BK to BK AROUND to FC REV;
 BK HITCH; SCIS THRU; TWIRL VINE 2; WLK & FC CP WALL;**

BRG TRAVELG BOX to SCP;;;

**A 2 FWD 2 STEPS;; 2 TURNG 2 STEPS FC LOD;;
 PROG SCIS CHECKING;; FISHTAIL; WLK & FC BFLY;
 TRAVELING DOOR TWICE to OP LOD;;;
 CIRCLE AWAY 2 2 STEPS;; SLOW STRUT TOG 4 BFLY;;**

**Bmod FC to FC; BK to BK; FC to FC; BK to BK AROUND to FC REV;
 BK HITCH; SCIS THRU to OPEN; 2 FWD 2 STEPS to FC;;
 TWIRL VINE 2; WLK & FC CP WALL;**

BRG TRAVELG BOX to SCP;;;

**A 2 FWD 2 STEPS;; 2 TURNG 2 STEPS FC LOD;;
 PROG SCIS CHECKING;; FISHTAIL; WLK & FC BFLY;
 TRAVELING DOOR TWICE to OP LOD;;;
 CIRCLE AWAY 2 2 STEPS;; SLOW STRUT TOG 4 BFLY;;**

B1-4 FC to FC; BK to BK; FC to FC; BK to BK AROUND to FC REV;

**END BK HITCH; SCIS THRU to OPEN; 2 FWD 2 STEPS [OPEN];;
 HITCH 6 to FC;; BBALL TURN;;
 SLOW OPEN VINE 4 FC CP;; BOX;;
 SD CL SD TCH; SD CL SD TCH; TWIRL VINE 2; APT PT;**