# Fresh and Lovely

**Count:** 32 **Wall:** 2 **Level:** Beginner
**Choreographer:** Susan Roberts-Eriksen (NOR) - November 2019
**Music:** Fresh - Kool & The Gang : (Album: Emergency)

**Intro 3+32 count - No Tag!! No Restart!!**

**GRAPE VINE TO RIGHT, GRAPE VINE TO LEFT.**

| | |
|---|---|
| 1-2 | step RF to R, LF behind RF |
| 3-4 | step RF to R, LF touch RF |
| 5-6 | step LF to L, RF behind LF |
| 7-8 | step LF to L, RF beside LF. |

**CROSS POINT X2, COASTER STEP, STEP**

| | |
|---|---|
| 1-2 | cross RF infront of LF, point LF to L side |
| 3-4 | cross LF infront of Rf, point Rf to R side |
| 5-8 | step RF back, LF beside RF, RF forward,step LF forward |

**ROCK FORWARD RECOVER, SHUFFLE BACK. ROCK BACK RECOVER SHUFFLE FORWARD.**

| | |
|---|---|
| 1-2 | Step Rf forward recover on LF |
| 3&4 | step RF back, LF beside RF, step RF back |
| 5-6 | step LF back recover on RF |
| 7&8 | step forward LF , RF beside LF, LF forward |

**JAZZBOX 1/4 TURN X 2**

| | |
|---|---|
| 1 | RF cross LF |
| 2 | Step LF back |
| 3 | step 1/4 turn to right side with RF |
| 4 | step LF beside RF |
| 5 | RF cross LF |
| 6 | step LF back |
| 7 | step 1/4 turn to right side with RF |
| 8 | step LF beside RF. |