Fresh



Compte: 64 Mur: 2 Niveau: Intermediate

Chorégraphe: Jo Kinser (UK) & John Kinser (UK) - February 2012

Musique: Fresh (Radio Mix) - Beat System



Start the dance on the vocals, (0.19)

[1-8] Skate Rt,	Lt, Rt Chasse, Skate	Lt, Rt, Lt Shuffle 1/4 Turn Lt
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1.2	Skate Rt fwd. Skate Lt fwd
1.4	Orale IX IWG. Orale El IWG

3&4 Step Rt to Rt, Step Lt next to Rt, Step Rt to Rt

5,6 Skate Lt fwd, Skate Rt fwd

7&8 Step Lt to Lt, Step Rt next to Lt, Make 1/4 turn Lt stepping Lt fwd (9:00)

[9-16] Step 1/2 Turn, 1/2 Shuffle Back Rt, 1/4 Triple Lt In-place, Rt Kick Ball Change

1,2 Step Rt fwd, Make 1/2 turn Lt stepping Lt fwd (3:00)

3&4 Make 1/2 turn Lt stepping Rt back, Step Lt next to Rt, Step Rt back (9:00)
 5&6 Make 1/4 turn Lt stepping Lt to Lt, Step Rt in place, Step Lt in place (6:00)

7&8 Kick Rt low fwd, Step Rt next to Lt, Step Lt fwd

[17-24] Fwd, Side, Rock & Side, Weave to the Rt, 1/2 Hinge Turn

1,2 Step Rt fwd, Step Lt to Lt

Rock Rt behind Lt, Replace weight Lt, Step Rt to Rt Step Lt behind Rt, Step Rt to Rt, Step Lt across Rt

7,8 Make 1/4 turn Lt stepping Rt back (3:00), Make 1/4 turn Lt stepping Lt to Lt (12:00)

[25-32] Point, Roll Full Turn, Cross Back, Side Chasse Lt

1,2 Point Rt to Rt, Make 1/4 turn Rt stepping Rt fwd (3:00)

3,4 Make 1/2 turn Rt stepping Lt back (9:00), Make a 1/4 turn Rt stepping Rt to Rt (12:00)

5,6 Step Lt across Rt, Step Rt back

7&8 Step Lt to Lt, Step Rt next to Lt, Step Lt to Lt

Restart here on wall 1 (12:00) and wall 3 (6:00).

[33-40] Cross Rock Turn, Rock & Back, Turn Coaster Step, Lt Shuffle Fwd

1&2 Rock Rt diagonally fwd and across Lt (11:00), Replace weight Lt squaring up to (12:00), Step

Rt to Rt facing (1:00)

3&4 Rock Lt fwd, Replace weight Rt, Step Lt back

5&6 Make 1/8th Turn Rt stepping back Rt, Step Lt next to Rt, Step Rt fwd (3:00)

7&8 Step Lt fwd, Step Rt next to Lt, Step Lt fwd

[41-48] Point Cross Touch &, Point Cross Touch, & Cross Back, Side Shuffle Rt

1&2& Point Rt to Rt, Step Rt across Lt, Touch Lt to Lt, Step Lt next to Rt (traveling to your Lt)

Point Rt to Rt, Step Rt across Lt, Touch Lt to Lt (traveling to your Lt)

Step Lt next to Rt (3rd foot positon), Cross Rt over Lt, Step back Lt

7&8 Step Rt to Rt, Step Lt next to Rt, Step Rt to Rt

(Easy option: 1&2&3&4 Switches Rt & Lt & Rt & Lt, try slightly moving the switches to the Lt).

[49-56] Cross Back, Side Shuffle Lt, Cross 1/4, Rt Shuffle Fwd

1,2 Cross Lt over Rt, Step Rt back

3&4 Step Lt to Lt, Step Rt next to Lt, Step Lt to Lt

5,6 Cross Rt over Lt, Make 1/4 Rt stepping Lt back (6:00)

7&8 Step Rt fwd, Step Lt next to Rt, Step Rt fwd

[57-64] Step 1/2 Turn, Lt Shuffle Fwd, Step 1/2 Turn, Full Turn Fwd

1,2	Step Lt fwd, Make 1/2 turn Rt stepping Rt fwd (12:00)
3&4	Step Lt fwd, Step Rt next to Lt, Step Lt fwd
5,6	Step Rt fwd, Make 1/2 turn Lt stepping Lt fwd (6:00)
7,8	Make 1/2 turn Lt stepping Rt back, Make 1/2 turn Lt stepping Lt fwd. (Easy option: walk fwd
	Rt. Lt).

ENDING:

Make 1/4 turn Lt stepping Rt to Rt (1) (3:00), Make 1/4 turn Lt stepping Lt to Lt (2) (12:00), Body Roll Down (3&4).

HAVE FUN