Fresh and Lovely



编舞者: Susan Roberts-Eriksen (NOR) - November 2019 音乐: 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 side3-4 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 RF5 RF cross LF

6 step LF back

7 step 1/4 turn to right side with RF

8 step LF beside RF.