

# Fresh and Lovely

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Susan Roberts-Eriksen (NOR) - November 2019

Musik: 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.
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