

# Refreshed!

Count: 64

Wall: 4

Level: Improver

Choreographer: Steve Bisson (UK) & Denise Bisson (UK) - May 2020

Music: A.S.A.P - The Refreshments



**Intro: Quick start – 2 seconds in – start on the word “way”. One easy restart during wall 3**

## **Weave Right, Side, Hold, Back Rock, Recover**

1-2-3-4 Step right to right side, Step left behind right, Step right to right side, Cross step left over right  
5-6-7-8 Step right to right side, Hold, Rock back on left, Recover on right

## **Weave Left, Side, Hold, Back Rock, Recover**

1-2-3-4 Step left to left side, Step right behind left, Step left to left side, Cross step right over left  
5-6-7-8 Step left to left side, Hold, Rock back on right, Recover on left

**\*Restart here during wall 3 facing 6.0 o'clock**

## **Forward Rhumba Box, (with Holds)**

1-2-3-4 Step right to right side, Step left beside right, Step right forward, Hold  
5-6-7-8 Step left to left side, Step right beside left, Step left back, Hold

## **Back, Lock, Back, Kick x 2**

1-2 Step right back, Lock step left over right  
3-4 Step right back, Kick left forward  
5-6 Step left back, Lock step right over left  
7-8 Step left back, Kick right forward

## **Back, Together, Forward, Hold, 1/4 Pivot Turn Right, Cross, Hold**

1-2 Step right back, Step left beside right  
3-4 Step right forward, Hold  
5-6 Step left forward, pivot 1/4 turn right [3:0]  
7-8 Cross step left over right, Hold

## **1/4 Turn, 1/4 Turn, Cross, Hold, Vine Left, Hold**

1-2 Step right back making 1/4 turn left, Step left to left side making 1/4 turn left [9:0]  
3-4 Cross step right over left, Hold  
5-6 Step left to left side, Step right behind left  
7-8 Step left to left side, Hold

## **Full Monterey Turn**

1-2 Point right to right side, Step right beside left making 1/2 turn right [3:0]  
3-4 Point left to left side, Step left beside right  
5-6 Point right to right side, Step right beside left making 1/2 turn right [9:0]  
7-8 Point left to left side, Step left beside right

## **Kick Forward, Kick Side, Behind, Side, Cross, Side, Back Rock, Recover with Cross**

1-2 Kick right forward, Kick right to right side  
3-4 Step right behind left, Step left to left side  
5-6 Cross step right over left, Step left to left side  
7-8 Rock step right back, Recover on left over right

## **REPEAT**

**One easy restart during wall 3 after count 16 facing 6:0 o'clock**

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