

Kool And Fresh

Count: 64

Wall: 4

Level:

Choreographer: Mark Caley (UK) & Jan Caley (UK)

Music: Fresh - Kool & The Gang & Liberty X



WALK FORWARD (TWICE), RIGHT SHUFFLE, SIDE, ROCK, CROSS (TWICE)

- 1-2 Walk forward right, left
- 3&4 Right shuffle forward right, left, right
- 5&6 Rock left out to side, recover weight to right, cross left over right
- 7&8 Rock right out to side, recover weight to left, cross right over left

LEFT TRIPLE BACK, ½ TURN RIGHT TRIPLE, PIVOT ½ TURN RIGHT, SHUFFLE FORWARD

- 9&10 Step back on left, lock right in front of left, step back on left
- 11&12 Turning ½ turn right step right, left right
- 13-14 Step forward on left, pivot ½ turn right
- 15&16 Left shuffle forward (facing 12:00)

SIDE ROCK, CROSS SHUFFLE, TURN ½ RIGHT, CROSS SHUFFLE

- 17-18 Rock right out to right side, rock left in place
- 19&20 Cross step right over left, step left to left side, cross step right over left
- 21-22 Turn ¼ right stepping back on left, turn ¼ right stepping right to right side
- 23&24 Cross step left over right, step right to right side, cross step left over right (facing 6:00)

SIDE ROCK, CROSS SHUFFLE, TURN ½ RIGHT, ½ TURN RIGHT CHASSÉ LEFT

- 25-26 Rock right out to right side, rock left in place
- 27&28 Cross step right over left, step left to left side, cross step right over left
- 29-30 Turn ¼ right stepping back on left, turn ¼ right stepping right to right side
- 31&32 Make ½ turn right step left to side, close right beside left, left step to side (facing 6:00)

MAMBO ROCKS, BACK & FORWARD (X4)

- 33&34 Rock right back and behind left, recover weight to left, step right beside left
- 35&36 Rock left back and behind right, recover weight to right, step left beside right
- 37&38 Cross rock right over left, recover weight to left, step right beside left
- 39&40 Cross rock left over right, recover weight to right, step left beside right

PIVOT ½ TURN LEFT, RIGHT SHUFFLE FORWARD, FULL TURN RIGHT, LEFT SHUFFLE

- 41-42 Step forward on right, pivot ½ turn left
- 43&44 Right shuffle forward
- 45-46 Step left forward turning ½ turn right, on ball of left pivot ½ turn right stepping right forward

Easy option:

- 45-46 Walk forward, left, right
- 47&48 Left shuffle forward

CROSS & HEEL & CROSS SHUFFLE & HEEL & CROSS, CHASSE LEFT

- 49&50& Cross right over left, step left foot diagonal back left, touch right heel diagonal forward right, step right foot beside left
- 51&52& Cross step left over right, step right slightly to right; cross step left over right, step right to right side
- 53&54 Touch left heel diagonally forward left, step left to center, cross step right foot over left
- 55&56 Step left to side, close right beside left, step left to side

CROSS, BACK, TRIPLE TURN ¼ RIGHT, CROSS, BACK, TRIPLE TURN ½ LEFT

57-58 Cross right over left, step back on left
59&60 Right triple right, left, right turning $\frac{1}{4}$ right
61-62 Cross left over right, step back on right
63&64 Left triple left, right, left turning $\frac{1}{2}$ left (facing 9:00)

REPEAT
