

Feeling Fresh

Compte: 48

Mur: 2

Niveau: Intermediate

Chorégraphe: Roy Verdonk (NL), Sebastiaan Holtland (NL) & Raymond Sarlemijn (NL)

Musique: Fresh - JAXSON GAMBLE



Intro: 16 Counts, Start at approx 9 secs

SEC 1 Step, Touch Behind, Back Sweep, Sailor Step, Kick Ball Point, ¼ Monterey, Hitch

- 1&2 Step right forward, touch left behind right, step left back sweeping right from front to back
- 3&4 Step right behind left, step left to left, step right to right
- 5& Kick left over right, step left beside right
- 6&7 Point right to right, turn ¼ right step right beside left, point left to left (3:00)
- 8 Hitch left knee

SEC 2 Side Slide, Knee Roll, Ball Step, ½ Pivot, ¾ Rolling Turn

- 1-2 Step left to left sliding right towards left, step right beside left
- 3-4 Roll knees clockwise from left to right over 2 counts
- &5-6 Step left beside right, step right forward, pivot ½ left transferring weight on to left (9:00)
- 7-8 Turn ½ left step right back, turn ¼ left step left to left (12:00)

SEC 3 Cross Rock, Side Shuffle, ¼ Heel Grind, Back, Coaster Step

- 1-2 Cross rock right over left, recover weight onto left
- 3&4 Step right to right, step left beside right, step right to right
- 5-6 Touch left heel over right, grind left heel turning ¼ left step right back (9:00)
- 7&8 Step left back, step right beside left, step left forward

SEC 4 ½ Hip Bumps, ¼ Hip Roll, Weave, ½ Hinge Turn

- 1&2 Touch right forward turn ¼ left bumping hips right, turn ¼ left bump left hip forward, bump right hip back (3:00)
- 3-4 Touch left back, turn ¼ left rolling hips back from left to right (weight ends on right) (12:00)
- 5&6 Step left behind right, step right to right, cross left over right
- 7-8 Turn ¼ left step right back, turn ¼ left step left to left (6:00)

Restart Here on Walls 4 and 5

SEC 5 ⅓ Rocking Chair, Step, ½ Back, Back Rock, Full Turn

- 1&2& Turn ⅓ left rock right forward, recover weight onto left, rock right back, recover weight onto left (4:30)
- 3-4 Step right forward, turn ½ right step left back (10:30)
- 5-6 Rock right back looking over right shoulder, recover weight onto left
- 7-8 Turn ½ left step right back, turn ½ left step left forward (10:30)

SEC 6 ⅓ Side Rock Cross, Side, Behind Hitch, ¼ Step, Full Turn Sweep

- 1&2 Turn ⅓ left rock right to right, recover weight onto left, cross right over left (9:00)
- 3-4 Step left to left, step right behind left hitching left knee
- 5 Turn ¼ left Step left forward
- 6-7-8 Full Turn left sweeping right from back to front (6:00)