Fresh

拍数: 48　　　　**墙数:** 4　　　　**级数:** Intermediate
编舞者: John Robinson (USA)
音乐: Fresh - Gina G.

KICK-BALL-CHANGES AND STEP, SLIDES

1&2	Right kick forward, right step ball of foot next to left raising left slightly off floor, left step in place
3-4	Right long step side right, left slide/touch next to right
5&6	Left kick forward, left step ball of foot next to right raising right slightly off floor, right step in place
7-8	Left long step side left, right slide/touch next to left

SYNCOPATED TOE POINTS, WALK FORWARD, SHUFFLE FORWARD, ½ PIVOT RIGHT

1&2	Right toe forward, right step next to left, left toe forward
&3-4	Left step next to right, right step forward, left step forward
5&6	Right step forward, left slide behind right in 3rd position, right step forward
7-8	Left step forward, pivot ½ turn right onto right

FORWARD WALKS WITH HIP SHAKES

1-2	Left step forward, right step forward
&3&4	Left touch next to right, bump hips left twice shifting weight left
5-6	Right step forward, left step forward
&7&8	Right touch next to left, bump hips right twice, shifting weight right

KICK, CROSS, UNWIND ¾ TURN RIGHT, CLAP, SIDE SHUFFLE LEFT, ROCK, STEP

1-2	Left kick forward, left cross over right on ball of foot
3-4	Pivot ¾ turn right onto right, clap hands
5&6	Left step side left, right step next to left, left step side left
7-8	Right rock behind left in 5th position, left step in place

CROSSING STEPS TRAVELING RIGHT, HEEL JACKS

1-2	Right step side right, left step across right
3-4	Right step side right, left step across right
&5&6	Right step back, left heel forward, left step to center, right toe touch behind left heel
&7&8	Right step back, left heel forward, left step to center, right toe touch behind left heel

SIDE LEANS/LUNGES AND FORWARD STEPS
Styling tip: On the side rocks, lean your body over the rocking foot

1&2	Right side rock with weight, recover to left, right step forward
3&4	Left side rock with weight, recover to right, left step forward
5&6	Right side rock with weight, recover to left, right step forward
7&8	Left side rock with weight, recover to right, left step forward

REPEAT