

# Refreshed!

拍數: 64                      牆數: 4                      級數: Improver  
編舞者: Steve Bisson (UK) & Denise Bisson (UK) - May 2020  
音樂: 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 ¼ 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 ¼ turn left, Step left to left side making ¼ 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 ½ 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 ½ 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**

Contact: [steveandenise@gmail.com](mailto:steveandenise@gmail.com)

---