

# Feeling Fresh

拍數: 48      牆數: 2      級數: Intermediate  
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音樂: 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)