

# Fresh

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: John Robinson (USA)  
音樂: 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**