

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