

So Fresh

拍數: 32 牆數: 4 級數: High Intermediate
編舞者: Joey Warren (USA) - January 2012
音樂: Fresh - Shawn Desman



Ball Step-Step, Touch Fwd L-R, Touch Side L-R, R Coaster Step

&-1-2 Small ball step back on R, Step L fwd, Step R fwd
3&4& Touch L fwd, Step L next to R, Touch R fwd, Step R next to L
(On tAouches fwd travel fwd slightly with them)
5-&-6 Touch L out to L, Step L beside R, Touch R out to R
7-&-8 Step back on R, Step L next to R, Step R fwd

Ball Step ½ Turn, R Rocking Chair, Step-Out-Out, ¾ Turn L

&-1-2 Ball step L next to R, Step R fwd, ½ Turn L (place weight on L)
3&4& Rock fwd on R, Recover in place on L, Rock back on R, Recover on L
5-&-6 Step R fwd, Step on ball of L fwd/out to L, Step R to R popping L hip out (weight R)
7&8& Cross L over R, ¼ L stepping R back, ½ Turn L stepping L fwd, Step R fwd

Walk Fwd x3, Side-Behind-1/4 Turn, ¼ Turn Side Step-Lock, ¼ Turn Step

1-2-3 Walk fwd on L, Then R, Then L (these are heavy steps/funky)
4-&-5 Step R out to R, Step L behind R, ¼ Turn R fwd on R (heavy step here)
6 – 7 ¼ Turn R stepping L out to L, Lock/Step R behind L, (both heavy steps)
8-&-1 ¼ Turn L stepping L out/fwd, Step R next to L, Step L out to L

Rock-Recover, Side Step, Small Weave w/ Sweep, Cross & Cross, ¾ Turn

2-&-3 Rock R behind L, Recover down on L, Side step R out to R
4-&-5 Step L behind R, Step R out to R, Cross L over R as you sweep R out/around
6-&-7 Cross R over L, Step L out to L, Cross R over L
8-&-1 Step L in place as you begin ¾ Turn L, Finish Turn with ball step on R, Step L fwd
(Count 1 is the start of your dance)

SEQUENCE: 32, 32, First 8 (Bonus 4 Count Full Turn), Restart, 32, 32, First 8, Tag x2, Bonus 2 (8 Counts), 32 Rest of the Way..... HAVE FUN WITH IT!!!

RESTART: Happens on 3rd wall (back wall). Do first 8 counts and then you do:

&-1-2-3-4 Ball step back on L, Step R fwd, ½ Turn L placing weight on L, ½ Turn L sweeping R around and beside L (counts 3 – 4) Then restart with R ball step

TAG: Step Hitch x2, Touch Together, Coaster, Step L fwd, Step R fwd

1&2& Step L beside R, Hitch R knee up, Step down on R, Hitch L knee up
3-&-4 Step down on L, Touch R out to R, Touch R beside L
5-&-6 Step back on R, Step L next to R, Step R fwd
7 – 8 Step fwd/out on L, Step fwd/out on R

Mambo, Step Kick, Step Kick, Step, Coaster Touch, ½ Sailor Step

1-&-2 Mambo fwd on L, Recover back on R, Step back on L
&3&4 Small kick fwd w/ R, Step back on R, Small kick w/ L, Step back on L
5-&-6 Step back on R, Step L slightly back, Touch R toe fwd
7-&-8 Start ½ Turn R stepping R, Then L beside R, Finish turn stepping fwd

BONUS 2: Step L Out, Touch R Beside, Step R to R w/ hip bumps (Repeat Twice)

1-2, 3-&-4 Step L out to L, Touch R beside L, Step R bump hips R, Bump L, Bump R as you step on R and touch L beside R

5-6, 7-&-8 Repeat what's Above!!
