

Fresh

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jo Kinser (UK) & John Kinser (UK) - February 2012
音樂: Fresh (Radio Mix) - Beat System



Start the dance on the vocals, (0.19)

[1-8] Skate Rt, Lt, Rt Chasse, Skate Lt, Rt, Lt Shuffle 1/4 Turn Lt

1,2 Skate Rt fwd, Skate Lt fwd
3&4 Step Rt to Rt, Step Lt next to Rt, Step Rt to Rt
5,6 Skate Lt fwd, Skate Rt fwd
7&8 Step Lt to Lt, Step Rt next to Lt, Make 1/4 turn Lt stepping Lt fwd (9:00)

[9-16] Step 1/2 Turn, 1/2 Shuffle Back Rt, 1/4 Triple Lt In-place, Rt Kick Ball Change

1,2 Step Rt fwd, Make 1/2 turn Lt stepping Lt fwd (3:00)
3&4 Make 1/2 turn Lt stepping Rt back, Step Lt next to Rt, Step Rt back (9:00)
5&6 Make 1/4 turn Lt stepping Lt to Lt, Step Rt in place, Step Lt in place (6:00)
7&8 Kick Rt low fwd, Step Rt next to Lt, Step Lt fwd

[17-24] Fwd, Side, Rock & Side, Weave to the Rt, 1/2 Hinge Turn

1,2 Step Rt fwd, Step Lt to Lt
3&4 Rock Rt behind Lt, Replace weight Lt, Step Rt to Rt
5&6 Step Lt behind Rt, Step Rt to Rt, Step Lt across Rt
7,8 Make 1/4 turn Lt stepping Rt back (3:00), Make 1/4 turn Lt stepping Lt to Lt (12:00)

[25-32] Point, Roll Full Turn, Cross Back, Side Chasse Lt

1,2 Point Rt to Rt, Make 1/4 turn Rt stepping Rt fwd (3:00)
3,4 Make 1/2 turn Rt stepping Lt back (9:00), Make a 1/4 turn Rt stepping Rt to Rt (12:00)
5,6 Step Lt across Rt, Step Rt back
7&8 Step Lt to Lt, Step Rt next to Lt, Step Lt to Lt

Restart here on wall 1 (12:00) and wall 3 (6:00).

[33-40] Cross Rock Turn, Rock & Back, Turn Coaster Step, Lt Shuffle Fwd

1&2 Rock Rt diagonally fwd and across Lt (11:00), Replace weight Lt squaring up to (12:00), Step Rt to Rt facing (1:00)
3&4 Rock Lt fwd, Replace weight Rt, Step Lt back
5&6 Make 1/8th Turn Rt stepping back Rt, Step Lt next to Rt, Step Rt fwd (3:00)
7&8 Step Lt fwd, Step Rt next to Lt, Step Lt fwd

[41-48] Point Cross Touch &, Point Cross Touch, & Cross Back, Side Shuffle Rt

1&2& Point Rt to Rt, Step Rt across Lt, Touch Lt to Lt, Step Lt next to Rt (traveling to your Lt)
3&4 Point Rt to Rt, Step Rt across Lt, Touch Lt to Lt (traveling to your Lt)
&5,6 Step Lt next to Rt (3rd foot position), Cross Rt over Lt, Step back Lt
7&8 Step Rt to Rt, Step Lt next to Rt, Step Rt to Rt

(Easy option: 1&2&3&4 Switches Rt & Lt & Rt & Lt, try slightly moving the switches to the Lt).

[49-56] Cross Back, Side Shuffle Lt, Cross 1/4, Rt Shuffle Fwd

1,2 Cross Lt over Rt, Step Rt back
3&4 Step Lt to Lt, Step Rt next to Lt, Step Lt to Lt
5,6 Cross Rt over Lt, Make 1/4 Rt stepping Lt back (6:00)
7&8 Step Rt fwd, Step Lt next to Rt, Step Rt fwd

[57-64] Step 1/2 Turn, Lt Shuffle Fwd, Step 1/2 Turn, Full Turn Fwd

1,2 Step Lt fwd, Make 1/2 turn Rt stepping Rt fwd (12:00)
3&4 Step Lt fwd, Step Rt next to Lt, Step Lt fwd
5,6 Step Rt fwd, Make 1/2 turn Lt stepping Lt fwd (6:00)
7,8 Make 1/2 turn Lt stepping Rt back, Make 1/2 turn Lt stepping Lt fwd. (Easy option: walk fwd Rt, Lt).

ENDING:

**Make 1/4 turn Lt stepping Rt to Rt (1) (3:00),
Make 1/4 turn Lt stepping Lt to Lt (2) (12:00),
Body Roll Down (3&4).**

HAVE FUN
