

# 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**

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