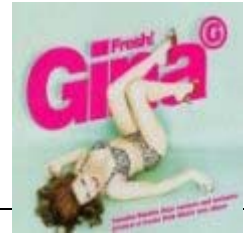


# Fresh

CHOREOGRAPHED JUNE 1997 BY JOHN H. ROBINSON, USA  
MULTIPLE AWARD-WINNING CHOREOGRAPHER, INSTRUCTOR & LINE DANCE CHAMPION



**DESCRIPTION:** 4-Wall Smooth Line Dance, Intermediate; 48 Counts, 60 Movements

**MUSIC:** *Fresh* by Gina G (CD: "Fresh"), choreographed to this song. Also try: *Wannabe* by Spice Girls (CD: "Spice"); *Heart's Desire* by Lee Roy Parnell (CD: "We All Get Lucky Sometimes"); *Take It Back* (CD: "It's Your Call") or *Why Haven't I Heard From You* (CD: "Read My Mind") by Reba McEntire (both songs are also on "Greatest Hits Volume 3: I'm A Survivor"); or your favorite West Coast Swing track.

## COUNT/CALL/DESCRIPTION

### KICK-BALL-CHANGES AND STEP, SLIDES

- |     |                         |   |
|-----|-------------------------|---|
| 1&2 | <b>Kick-ball-change</b> | R kick forward (1), R step ball of foot next to L raising left slightly off floor (&), L step in place (2)  |
| 3,4 | <b>Step, slide</b>      | R long step side right (3); L slide/touch next to R (4)   |
| 5&6 | <b>Kick-ball-change</b> | L kick forward (5), L step ball of foot next to R raising right slightly off floor (&), R step in place (6) |
| 7,8 | <b>Step, slide</b>      | L long step side left (7); R slide/touch next to left (8)   |

### SYNCOPIATED TOE POINTS, WALK FORWARD, SHUFFLE FORWARD, 1/2 PIVOT RIGHT

- |      |                            |  |
|------|----------------------------|--|
| 1&2& | <b>Toe &amp; toe &amp;</b> | R toe touch forward (1), R step next to L (&), L toe touch forward (2), L step next to R (&) |
| 3,4  | <b>Walk, walk</b>          | R step forward (3), L step forward (4)   |
| 5&6  | <b>Right-left-right</b>    | R step forward (5), L step behind right in 3rd position (&), R step forward (6)              |
| 7,8  | <b>Half turn</b>           | L step ball of foot forward (7), pivot 1/2 right (to 6:00) changing weight to R (8)          |

### FORWARD WALKS WITH HIP SHAKES

- |      |                          |  |
|------|--------------------------|--|
| 1,2  | <b>Walk left, right</b>  | L step forward (1); R step forward (2)                                   |
| &3&4 | <b>&amp; Shake left</b>  | L touch next to R (&), bump hips left twice, shifting weight to L (3&4)  |
| 5,6  | <b>Walk right, left</b>  | R step forward (5); L step forward (6)                                   |
| &7&8 | <b>&amp; Shake right</b> | R touch next to L (&), bump hips right twice, shifting weight to R (7&8) |

### KICK, CROSS, UNWIND 3/4 TURN RIGHT, CLAP, SIDE SHUFFLE LEFT, ROCK, STEP

- |     |                     |   |
|-----|---------------------|---|
| 1,2 | <b>Kick, cross</b>  | L kick forward (1); L cross ball of foot over R (2)                 |
| 3,4 | <b>Unwind, clap</b> | Pivot 3/4 right (to 3:00) changing weight to R (3); clap hands (4)  |
| 5&6 | <b>Shuffle left</b> | L step side left (5), R step next to left (&), L step side left (6) |
| 7,8 | <b>Rock, step</b>   | R rock ball of foot behind L in 5th position (7); recover to L      |

### CROSSING STEPS TRAVELING RIGHT, HEEL JACKS

- |      |                             |   |
|------|-----------------------------|---|
| 1,2  | <b>Side, cross</b>          | R step side right (1); L step across right (2)  |
| 3,4  | <b>Side, cross</b>          | R step side right (3); L step across right (4)  |
| &5&6 | <b>&amp; Heel &amp; toe</b> | R step back (&), L heel touch forward (5), L step home (&), R toe touch behind L heel (6) |
| &7&8 | <b>&amp; Heel &amp; toe</b> | R step back (&), L heel touch forward (7), L step home (&), R toe touch behind L heel (8) |

### SIDE LUNGES AND FORWARD STEPS

*Styling: On the side rocks, lean your body over the rocking foot and push off to step forward on the next count.*

- |     |                          |  |
|-----|--------------------------|--|
| 1,2 | <b>Lunge right, step</b> | R rock/push ball of foot side right (1); recover to L stepping R forward (2) |
| 3,4 | <b>Lunge left, step</b>  | L rock/push ball of foot side left (3); recover to R stepping L forward (4)  |
| 5,6 | <b>Lunge right, step</b> | R rock/push ball of foot side right (5); recover to L stepping R forward (6) |
| 7,8 | <b>Lunge left, step</b>  | L rock/push ball of foot side left (7); recover to R stepping L forward (8)  |

## START AGAIN AND ENJOY!