

FRESH

Choreographed by John H. Robinson

Description: 48 count, 4 wall, intermediate line dance

Music: **Fresh** by Gina G. [[Fresh](#)]; **Wannabe** by The Spice Girls [112 bpm / [Spice](#)]; **Heart's Desire** by Lee Roy Parnell [116 bpm / [Hits & Highways Ahead](#)];

Take It Back by Reba McEntire [116 bpm / [I'm A Survivor](#) / [It's Your Call](#) / CD: Country Line Dancing Vol.2]; **Why Haven't I Heard From You?** by Reba McEntire [112 bpm / [Read My Mind](#) / CD: Toe The Line 1]

Start dancing on lyrics

KICK-BALL-CHANGES AND STEP, SLIDES

1&2 Kick R forward, right step ball of foot next to left raising left slightly off floor, step L in place

3-4 Right long step side right, left slide/touch next to right

5&6 Kick L forward, left step ball of foot next to right raising R slightly off floor, step R 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, step right together, left toe forward

&3-4 Step left together, step right forward, step left forward

5&6 Step right forward, left slide behind right in 3rd position, step right forward

7-8 Step left forward, turn ½ right (weight to right)

FORWARD WALKS WITH HIP SHAKES

1-2 Step left forward, step right forward

&3&4 Touch left together, bump hips left twice shifting weight left

5-6 Step right forward, step left 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 Kick left forward, left cross over right on ball of foot

3-4 Pivot ¾ turn right onto right, clap

5&6 Chassé side left, right, left

7-8 Right rock behind left in 5th position, step left in place

CROSSING STEPS TRAVELING RIGHT, HEEL JACKS

1-2 Step right to side, cross left over right

3-4 Step right to side, cross left over right

&5&6 Step right back, left heel forward, left step to center, right toe touch behind left heel

&7&8 Step right 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, step right forward

3&4 Left side rock with weight, recover to right, step left forward

5&6 Right side rock with weight, recover to left, step right forward

7&8 Left side rock with weight, recover to right, step left forward

REPEAT

Taught by Janet Kruse, 630.404.2645 / huskycountry@sbcglobal.net – find me on FACEBOOK!