



COUNTRY CLUB DANCERS



Fresh

Dance taught by Shirley Perkins for
the County Club Dancers 03-12-12

Choreographed by: John H. Robinson, Indianapolis IN 1997 <http://www.mrshowcase.net>
Description: 48 count, 4 wall, Intermediate line dance
Music: Fresh by Gina G. 1997 116 bpm

KICK-BALL-CHANGES AND STEP, SLIDES

1&2 Right kick forward, right step ball of foot next to left raising left slightly off floor, left step in place
3-4 Right long step side right, left slide/touch next to right
5&6 Left kick forward, left step ball of foot next to right raising right slightly off floor, right step in place
7-8 Left long step side left, right slide/touch next to left

SYNCOATED TOE POINTS, WALK FORWARD, SHUFFLE FORWARD, ½ PIVOT RIGHT

1&2 Right toe forward, right step next to left, left toe forward
&3-4 Left step next to right, right step forward, left step forward
5&6 Right step forward, left slide behind right in 3rd position, right step forward
7-8 Left step forward, pivot ½ turn right onto right

FORWARD WALKS WITH HIP SHAKES

1-2 Left step forward, right step forward
&3&4 Left touch next to right, bump hips left twice shifting weight left
5-6 Right step forward, left step 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 Left kick forward, left cross over right on ball of foot
3-4 Pivot ¾ turn right onto right, clap hands
5&6 Left step side left, right step next to left, left step side left
7-8 Right rock behind left in 5th position, left step in place

CROSSING STEPS TRAVELING RIGHT, HEEL JACKS

1-2 Right step side right, left step across right
3-4 Right step side right, left step across right
&5&6 Right step back, left heel forward, left step to center, right toe touch behind left heel
&7&8 Right step 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, right step forward
3&4 Left side rock with weight, recover to right, left step forward
5&6 Right side rock with weight, recover to left, right step forward
7&8 Left side rock with weight, recover to right, left step forward

REPEAT

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Country Club Dancers – Line & Partner Dance Lessons every
Monday at the Amerahn Dance Hall in Kewaskum, WI
www.countryclubdancers.com