



COUNTRY CLUB DANCERS



Fresh

Dance taught by Shirley Perkins for
the County Club Dancers 01-29-18

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., 116 bpm, Album: *Fresh*, March 1997
Intro: 32 counts

1–8 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

9–16 Syncopated 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

17–24 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

25–32 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

33–40 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

41–48 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

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