

John H. Robinson Choreographs

Fresh

A -- 48 count, 4 wall, Intermediate level line dance

To the Music: Fresh by Gina G

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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

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

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

START AGAIN

Step sheet provided courtesy of:

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