

Fresh and Lovely

Count: 32 **Wall:** 2 **Level:** Beginner

Choreographer: Susan Roberts-Eriksen (NORWAY) November 2019

Music: Fresh, by Kool & The Gang. Album: Emergency



Intro 3+32 count - No Tag!! No Restart!!

GRAPE VINE TO RIGHT, GRAPE VINE TO LEFT.

1-2 step RF to R, LF behind RF
3-4 step RF to R, LF touch RF
5-6 step LF to L, RF behind LF
7-8 step LF to L, RF beside LF.

CROSS POINT X2, COASTER STEP, STEP

1-2 cross RF in front of LF, point LF to L side
3-4 cross LF in front of Rf, point Rf to R side
5-8 step RF back, LF beside RF, RF forward, step LF forward

ROCK FORWARD RECOVER, SHUFFLE BACK. ROCK BACK RECOVER SHUFFLE FORWARD.

1-2 Step Rf forward recover on LF
3&4 step RF back, LF beside RF, step RF back
5-6 step LF back recover on RF
7&8 step forward LF , RF beside LF, LF forward

JAZZBOX 1/4 TURN X 2

1 RF cross LF
2 Step LF back
3 step 1/4 turn to right side with RF
4 step LF beside RF
5 RF cross LF
6 step LF back
7 step 1/4 turn to right side with RF
8 step LF beside RF.