

# School Dance Styles

Ecole de Danse

## FEELING FRESH

Count: 48 Wall: 2 Level: Intermediate

Choreographer: Roy Verdonk (NL), Sebastiaan Holtland (NL) & Raymond Sarlemijn (NL)

Music: Fresh - JAXSON GAMBLE

Intro: 16 Counts, Start at approx 9 secs

### SEC 1 Step, Touch Behind, Back Sweep, Sailor Step, Kick Ball Point, ¼ Monterey, Hitch

- 1&2 Step right forward, touch left behind right, step left back sweeping right from front to back  
3&4 Step right behind left, step left to left, step right to right  
5& Kick left over right, step left beside right  
6&7 Point right to right, turn ¼ right step right beside left, point left to left 3h  
8 Hitch left knee

### SEC 2 Side Slide, Knee Roll, Ball Step, ½ Pivot, ¾ Rolling Turn

- 1-2 Step left to left sliding right towards left, step right beside left  
3-4 Roll knees clockwise from left to right over 2 counts  
&5-6 Step left beside right, step right forward, pivot ½ left transferring weight on to left 9h  
7-8 Turn ½ left step right back, turn ¼ left step left to left 12h

### SEC 3 Cross Rock, Side Shuffle, ¼ Heel Grind, Back, Coaster Step

- 1-2 Cross rock right over left, recover weight onto left  
3&4 Step right to right, step left beside right, step right to right  
5-6 Touch left heel over right, grind left heel turning ¼ left step right back 9h  
7&8 Step left back, step right beside left, step left forward

### SEC 4 ½ Hip Bumps, ¼ Hip Roll, Weave, ½ Hinge Turn

- 1&2 Touch right forward turn ¼ left bumping hips right, turn ¼ left bump left hip forward, bump right hip back 3h  
3-4 Touch left back, turn ¼ left rolling hips back from left to right (weight ends on right)12h  
5&6 Step left behind right, step right to right, cross left over right  
7-8 Turn ¼ left step right back, turn ¼ left step left to left 6h

**Restart Here on Walls 4 and 5**

Cathy MERIOT - Choréographe / Instructor

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## **SEC 5 1/8 Rocking Chair, Step, 1/2 Back, Back Rock, Full Turn**

1&2& Turn 1/8 left rock right forward, recover weight onto left, rock right back, recover weight onto left 4h30

3-4 Step right forward, turn 1/2 right step left back 10h30

5-6 Rock right back looking over right shoulder, recover weight onto left

7-8 Turn 1/2 left step right back, turn 1/2 left step left forward 10h30

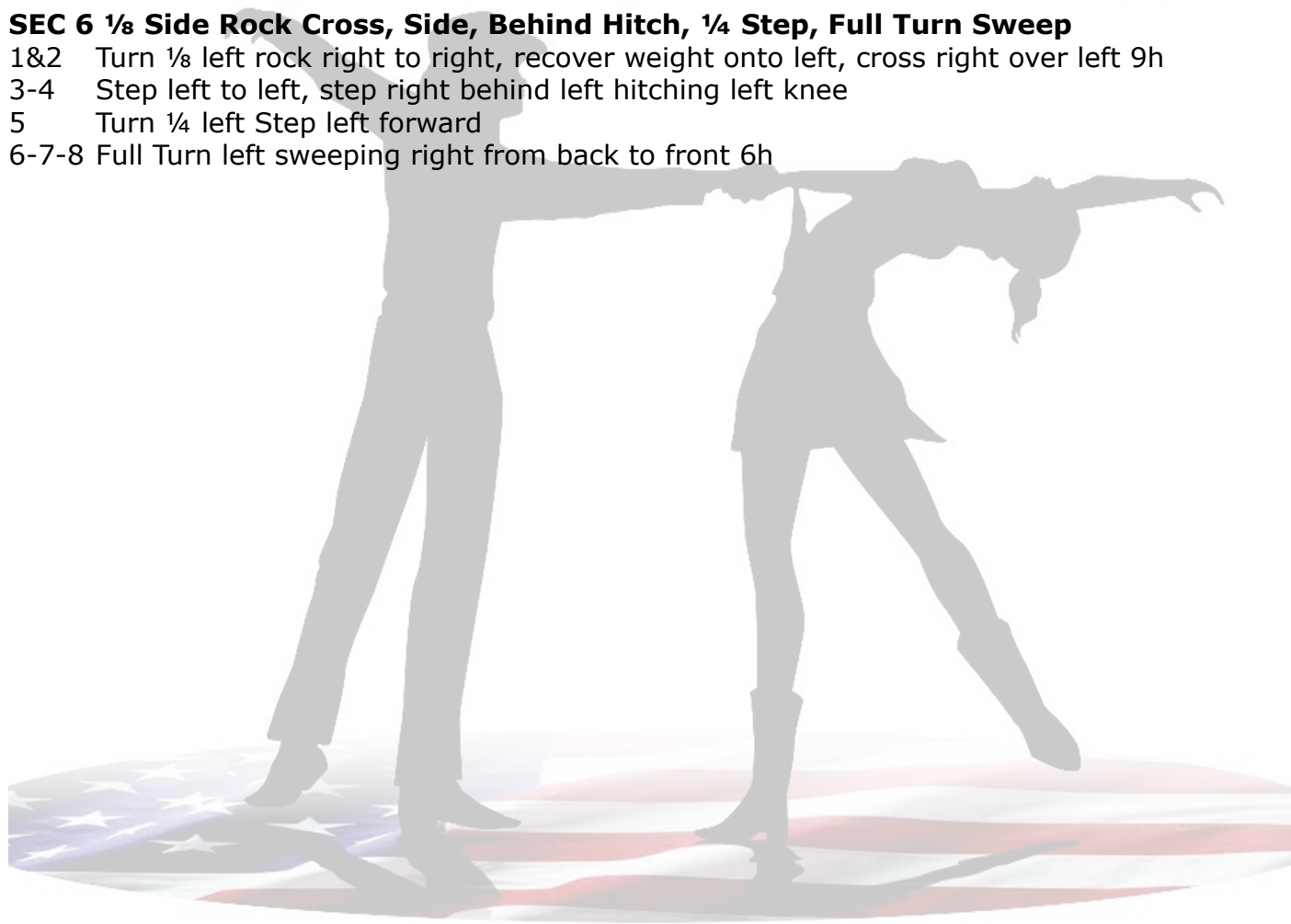
## **SEC 6 1/8 Side Rock Cross, Side, Behind Hitch, 1/4 Step, Full Turn Sweep**

1&2 Turn 1/8 left rock right to right, recover weight onto left, cross right over left 9h

3-4 Step left to left, step right behind left hitching left knee

5 Turn 1/4 left Step left forward

6-7-8 Full Turn left sweeping right from back to front 6h



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