

FRESH

Artist: Gina G.
 Album: CD Fresh
 Label: Warner - 46517
 Type: Pop
 Level: Easy Intermediate

Choreo: Susan Woods
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Sequence: Wait 16, Intro, A, B, A, B, C, B*, A*

Intro: (16)	x2	1 Over the log	S(f) S(f) Ba(b) Ba(b) Clap	L R L R	1 2 & 3 4
		2 Basketball turns (1/2 R on each)	S Pivot(1/2 R) S Pivot (1/2 R)	L Both L Both	1 &2 3 &4
Part A: (48)	x2	1 Loop rock vine	DS(ots) DS(xif) DS(ots) Loop S(xib) R S Br Lift DS R S	L R L R R L R L L L L R L	&a1 &a2 &a3 & 4 & 5 & 6 &a7 & 8
		1 Flatlander	DT(b) Br Lift DS R S	R R R R L R	&a1 & 2 &a3 & 4
		1 Triple	DS DS DS R S	L R L R L	&a1 &a2 &a3 & 4
		(opposite foot for all steps 2nd time through)			
		1 Cowboy (1/2 L)	DS DS DS Br Lift DS(xif) R S R S R S	L R L R R R L R L R L R	&a1 &a2 &a3 & 4 &a5 & 6 & 7 & 8
		1 Samantha (1/2 R)	DS(ots) DS(xif) Drag S Drag S R S DS DS R S	L R R L L R L R L R L R L R	&a1 &a2 & 3 & 4 & 5 &a6 &a7 & 8
			(Xlif) (Xrif) (Xlif) (XRif)	(heels swivel in (on Ba) / out (on H) four times)	
Part B: (48)	x2	4 Duck walks	Ba/Ba H/H Ba/Ba H/H Ba/Ba H/H Ba/Ba H/H	L R L R R L R L L R L R R L R L	& 1 & 2 & 3 & 4
		1 Fancy Double	DS DS R S R S	L R L R L R	&a1 &a2 & 3 & 4
		Vine slur Left and Right	DS Slur S DS R S	L R R L R L	&a1 & 2 &a3 & 4

Part B (continued)

	(if)	(if)	(if)										
1 Runnin rock	DS	R S	R S	R S									
(moving forward)	L	R L	R L	R L									
	&a1	& 2	& 3	& 4									
1 Triple back	DS	DS	DS	R S									
	R	L	R	L R									
	&a1	&a2	&a3	& 4									
1 Slur up Pull back	DS (f)	Slur	S (f)	S(f)	S(f)	Slur	S	DS(b)	Pull	S	DS	R	S
	L	R	R	L	R	L	L	R	L	L	R	L	R
	&a1	&	2	&	3	&	4	&a5	&	6	&a7	&	8

Part A:

Part B:

Part C:	2 Dirty Boogie Line Dance	S(ots)	S(xib)	S(ots)	Tch	S(ots)	S(xib)	S(ots)	Tch
(48)	(1/2 Left on each) L	R	L	R	R	L	R	L	
		1	2	3	4	5	6	7	8

S(f)	Tch(tog)	S(b)	Tch (tog)
L	R	R	L
9	10	11	12

S	Sk(1/2 L)	Lift	S
L	R	R	R
13	14	15	16

1 Cowboy
(1/2 L)
1 Samantha
(1/2 R)

Part B*	[4 Duck walks x4 1 Fancy Double Vine slur Left and Right	(turn 1/4 L on each Left foot lead Vine Slur)
(96)		

x2	[1 Runnin rock 1 Triple 1 Slur up Pull back	(turn 1/2 Right)

Part A*	[1 Loop rock vine x2 1 Flatlander 1 Triple
(32)	

Ending: Step on Left (left hand out in front)

STANDARD C.L.O.G. TERMINOLOGY

ABBREVIATIONS

BO	=	BOUNCE
DS	=	DOUBLE TO STEP
DT	=	DOUBLE TOE
DR	=	DRAG
SL	=	SLIDE
R	=	ROCK
S	=	STEP
BR	=	BRUSH
TCH	=	TOUCH
T	=	TOE
Tip	=	A toe touch using just the end of the toe. No weight change
SK	=	SKUFF
FL	=	FLANGE
K	=	KICK
H	=	HEEL
H(w)	=	HEEL WITH WEIGHT
BA	=	BALL
HOP	=	HOP(foot to foot or bounce on same check foot indicator for next step)

JUMP	=	Hop from foot to foot, weight change)
HB	=	HEEL BALL
TB	=	TOE BALL
STO	=	STOMP (heavy step, weight change)
STA	=	STAMP (heavy full foot touch, no weight change)
SLUR	=	Foot is dragged for 1/2 beat before stepping on it, motion from L to R or R to L
SCOOP	=	Heel is brushed and foot is moved out in a circular pattern
P	=	Pause

DIRECTIONAL MOVES

XIF	=	CROSS IN FRONT
UNX	=	UNCROSS
UP	=	LIFT LEG UP
OTS	=	OUT TO THE SIDE
IF	=	IN FRONT
IB	=	IN BACK
B	=	BACK
S	=	SIDE
X	=	UNCROSS (can also use UNX)