

# Feeling Fresh

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**Count:** 48

**Wall:** 2

**Level:** Intermediate

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

**Music:** Fresh - JAXSON GAMBLE

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**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 (3:00)  
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 (9:00)  
7-8 Turn ½ left step right back, turn ¼ left step left to left (12:00)

**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 (9:00)  
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 (3:00)  
3-4 Touch left back, turn ¼ left rolling hips back from left to right (weight ends on right) (12:00)  
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 (6:00)

**Restart Here on Walls 4 and 5**

**SEC 5 ⅛ Rocking Chair, Step, ½ Back, Back Rock, Full Turn**

1&2& Turn ⅛ left rock right forward, recover weight onto left, rock right back, recover weight onto left (4:30)  
3-4 Step right forward, turn ½ right step left back (10:30)  
5-6 Rock right back looking over right shoulder, recover weight onto left  
7-8 Turn ½ left step right back, turn ½ left step left forward (10:30)

**SEC 6 ⅛ Side Rock Cross, Side, Behind Hitch, ¼ Step, Full Turn Sweep**

1&2 Turn ⅛ left rock right to right, recover weight onto left, cross right over left (9:00)  
3-4 Step left to left, step right behind left hitching left knee  
5 Turn ¼ left Step left forward  
6-7-8 Full Turn left sweeping right from back to front (6:00)