

HURRICANE FRESH

Co-choreographers: (01/06)

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Description: 32 count, 4 wall, Intermediate dance, Phrased: 16 count Tag

Music: Hurricane Fresh by Mc Lars (122 BPM)

CD: Mc Lars – The Laptop (EP). Link to purchase the CD: www.amazon.com

Start on vocals

1-8 Rock and Step x4

- 1&2 Press Rt forward in front of Lt – clap hands, Recover weight Lt, Step Rt next to Lt – hands out to sides
- 3&4 Press Lt forward in front of Rt – clap hands, Recover weight Rt, Step Lt next to Rt – hands out to sides
- 5&6 Press Rt forward in front of Lt – clap hands, Recover weight Lt, Step Rt next to Lt – hands out to sides
- 7&8 Press Lt forward in front of Rt – clap hands, Recover weight Rt, Step Lt next to Rt – hands out to sides

9-16 Jumping Jacks (Out-In-Kick-Cross x2), Touch and Touch and Tap, Tap, Lunge

- 1& Jump out, feet shoulder width apart, Jump in (weight on the right foot)
- 2& Kick the left foot forward, Cross the left foot over the right
- 3& Jump out, feet shoulder width apart, Jump in (weight on the right foot)
- 4& Kick the left foot forward, cross the left foot over the right
- 5& Touch Rt forward, Step Rt next to Lt
- 6& Touch Lt forward, Step Lt next to Rt
- 7&8 Make 1/4 Turn Rt (Leave Lt foot in place) tap Rt toe slightly to Rt x2 (end in a lunge position weight R)

9-12 Low impact version 1&, 2&, 3&, 4&

- &1 Transfer weight to right, point left out to left side bending right knee facing right diagonal
- 2 Point left forward straightening right leg facing front
- 3 Point left out to left side bending right knee facing right diagonal
- 4& Point left over right straightening right leg, Step Lt next to Rt

17-24 Sailor 1/4 Lt, Rt hitch and Point, 1/2 Lt, Lt Coaster Step

- 1&2 Step Lt Behind Rt, Make 1/4 turn Lt stepping Rt next to Lt, Step Forward Lt
- 3&4 Hitch Rt, Step Rt next to Lt, point Lt toe back
- 5,6 Make 1/2 turn Lt, Weight ends on Rt with Lt toe pointing forward
- 7&8 Step Lt Back, Step Rt together, Step Rt forward

25-32 Rt Rock Replace Back, Drag and Turn, Switches Lt & Rt & Lt & Rt

- 1&2 Rock Rt forward, Recover weight Lt, Big step back with Rt
- 3&4 Drag Lt foot to Rt, Step Lt next to Rt, Make 1/4 turn Rt crossing Rt over Lt (9 o'clock)
- 5&6& Touch Lt to Lt, Step Lt next to Rt, Touch Rt to Rt, Step Rt next to Lt
- 7&8 Touch Lt to Lt, Step Lt next to Rt, Touch Rt to Rt

TAG 16 Counts “one time only facing 3 o'clock.”

1-8 Cross back and Cross Back and Cross Back, Side

- 1, 2&3 Step Rt across Lt, Step Lt back, Step Rt together, Step Lt across Rt
- 4&5 Step Rt back, Step Lt together, Step Rt across Lt
- 6&7, 8 Step Lt back, Step Rt together, Step Lt across Rt, Step Rt to Rt

9-16 Bump Hips, 3 Point Turn “rolling vine” Cross, Side, Drag

- 1,2,3 Bump hips Lt, Bump hips Rt, Make 1/4 turn Lt Stepping forward Lt
- 4,5 Make 1/2 Turn Lt Stepping back Rt, Make 1/4 turn Lt Stepping Lt to Lt
- 6,7,8 Step Rt Across Lt, Big Step Lt with Lt, Drag Rt to Lt

Happy Dancin & Make It Fun!