

THE FRED

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Count: 48

Wall: 4

Level: beginner/intermediate

Choreographer: jg2

Music: Giving Water To A Drowning Man by Lee Roy Parnell

BRUSH HANDS BACK, FRONT, CLAP TWICE, SLAP TWICE, CLAP TWICE

Feet are slightly apart with weight even for the first 8 counts.

- 1 Brush hands across outside of thighs from front to back
- 2 Brush hands across outside of thighs from back to front
- 3-4 Clap hands twice.
- 5 Extend arms to sides starting with right hand high palm down and left hand low palm up, bring right hand down slapping hands with person to your right and bring left hand up slapping hands with person to your left
- 6 Reverse above hand slap
- 7-8 Clap hands twice

¼ TURN LEFT, STEP, ¼ TURN RIGHT, STEP

- 9-11 With weight on left, push right foot to floor 3 times, turning a total of ¼ left
- 12 Step right beside left.
- 13-15 With weight on right, push left foot to floor 3 times, turning a total of ¼ right
- 16 Step left beside right

WALK FORWARD 3, KICKS, WALK BACK 2

- 17-19 Walk forward right, left, right
- 20-22 Kick left forward, kick left back, kick left forward
- 23-24 Walk back left, right

¼ TURN LEFT, ½ TURN RIGHT, ½ TURN RIGHT, ROCK STEP

- 25 Place ball of left foot slightly behind right
- 26 Turn left ¼ and shift weight to left foot
- 27 Place ball of right foot slightly behind left
- 28 Turn right ½ and shift weight to right foot

29-30 Step forward left, turn ½ right and shift weight to right foot

31-32 Step forward left, replace weight back to right foot

TOUCH SIDE & CROSS BEHIND 3 TIMES, KICK BALL CHANGE

33-34 Touch left toe out to left side, step left crossed behind right

35-36 Touch right toe out to right side, step right crossed behind left

37-38 Touch left toe out to left side, step left crossed behind right

39&40 Kick right forward, step back on ball of right, replace weight forward to left

SLOW ½ TURN LEFT, CHUG (SCOOT) FORWARD 4 TIMES

41 Step forward right, bending both knees

42-44 Leaving both feet where they are slowly turn left ½ on the balls of both feet

Option: During above turn shield eyes with right hand as though looking for something

45-48 Placing feet slightly apart, chug (scoot) forward on both feet 4 times.

Option: During above chugs twirl lasso over head with right arm. For low impact variation, walk forward right, left, right, left For variation, Scoot forward on left 4 times while hitching right knee up

REPEAT