

Refreshed!

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Count: 64

Wall: 4

Level: Improver

Choreographer: Steve Bisson & Denise Bisson (Guernsey) May 2020

Music: A.S.A.P by The Refreshments (148 bpm)

Intro: Quick start - 2 seconds in - start on the word "way". One easy restart during wall 3

Weave Right, Side, Hold, Back Rock, Recover

1-2-3-4 Step left to left side, Step right behind right, Step left to left side, Cross step right over right

5-6-7-8 Step left to left side, Hold, Rock back on left, Recover on right

Weave Left, Side, Hold, Back Rock, Recover

1-2-3-4 Step right to right side, Step left behind left, Step right to right side, Cross step left over left

5-6-7-8 Step right to right side, Hold, Rock back on right, Recover on left

***Restart here during wall 3 facing 6.0 o'clock**

Forward Rhumba Box, (with Holds)

1-2-3-4 Step left to left side, Step right beside right, Step left forward, Hold

5-6-7-8 Step right to right side, Step left beside left, Step right back, Hold

Back, Lock, Back, Kick x 2

1-2 Step left back, Lock step right over right

3-4 Step left back, Kick right forward

5-6 Step right back, Lock step left over left

7-8 Step right back, Kick left forward

Back, Together, Forward, Hold, 1/4 Pivot Turn Right, Cross, Hold

1-2 Step left back, Step right beside right

3-4 Step left forward, Hold

5-6 Step right forward, pivot $\frac{1}{4}$ turn left [3:0]

7-8 Cross step right over right, Hold

1/4 Turn, 1/4 Turn, Cross, Hold, Vine Left, Hold

- 1-2** Step left back making $\frac{1}{4}$ turn left, Step right to right side making $\frac{1}{4}$ turn right [9:0]
3-4 Cross step left over left, Hold
5-6 Step right to right side, Step left behind left
7-8 Step right to right side, Hold

Full Monterey Turn

- 1-2** Point left to left side, Step left beside right making $\frac{1}{2}$ turn left [3:0]
3-4 Point right to right side, Step right beside right
5-6 Point left to left side, Step left beside right making $\frac{1}{2}$ turn left [9:0]
7-8 Point right to right side, Step right beside right

Kick Forward, Kick Side, Behind, Side, Cross, Side, Back Rock, Recover with Cross

- 1-2** Kick left forward, Kick left to left side
3-4 Step left behind left, Step right to right side
5-6 Cross step left over left, Step right to right side
7-8 Rock step left back, Recover on right over right

REPEAT

One easy restart during wall 3 after count 16 facing 6:0 o'clock

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