

# Frisch Und Echt - Oktoberfesch

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner - Fun dance

**Choreographer:** Claudia Arndt ( July 2020 )

**Music:** Frisch und Echt by Florian Fesl - 102 bpm

**Written by Peter " PeWe " Werle**

**Start: The dance is beginning with vocals**

**Section 1: 2x Vaudeville (L,R), Walk R, Walk L, Kick-Ball-Change**

- 1&**            Cross right over left, left to left,  
**2&**            Touch right heel forward to right diagonal, close right to left,  
**3&**            Cross left, over right, right to right,  
**4&**            Touch left heel forward to left diagonal, close left to right,

**5-6RF step forward, LF step forward,**

- 7&8**            Kick right foot slightly forward, step onto the ball of your right foot, change weight onto your left foot.

**Section 2: (R-L-R) Jive Box  $\frac{3}{4}$  , Stomp,Stomp**

- 1&2**            Step RF to R side (1) , close LF beside RF (&), step RF to R side(2), (12:00)  
**3&4**            Turn  $\frac{1}{4}$  L stepping LF to L side (3) , close RF beside LF (&), step LF to L side (4), (09:00)  
**5&6**            Turn  $\frac{1}{4}$  L stepping RF to R side (5), close LF beside RF (&), step RF to R side (6), (06:00)  
**7-8**            Turn  $\frac{1}{4}$  L stepping LF to L side - LF beside RF stomp (7), RF beside LF stomp (8), (03:00)

**Section 3: Cross, Side, Cross-Side-Cross, Side Rock, Cross-Side-Cross,**

- 1-2RF cross over LF, stepping LF to L side,**  
**3&4RF cross over LF - LF stepping left to left - RF cross over LF,**  
**5-6LF step left to left, Weight back to RF,**  
**7&8LF cross over RF - RF stepping right to right - LF cross over RF,**

**Section 4:  $\frac{1}{4}$  L Paddle Turn (3x) , Kick-Ball-Change**

- 1-2**            Step R forward (1),  $\frac{1}{4}$  Turn left step L in place (2),

**3-4** Repeat ¼ left Paddle Turn (1-2),

**5-6** Repeat ¼ left Paddle Turn (1-2),

**7&8** Kick right foot slightly forward, step onto the ball of your right foot, change weight onto your left foot,

**Have fun dancing and always smile.**

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