

C.B.F.

32 Count, 4 Wall, Beginner

Choreographer: Pat Esper (March 2013)

Choreographed to: Country Boy Fresh by The Lacs

Cross rock, Recover, Side triple, Cross rock, Recover, Side triple turn

- 1-2 Rock the left foot over the right. Recover onto the right foot.
3&4 Step the left foot to the side, Step the right foot next to the left, Step the left foot to the side.
5-6 Rock the right foot over the left. Recover onto the left foot.
7&8 Step the right foot to the side, Step the left foot next to the right,
Turn a quarter turn to the right while stepping forward on the right foot.

Forward, Touch, Forward, Touch, Back, Touch, Back, Together

- 9-10 Step forward at an angle on the left foot. Touch the right foot next to the left.
11-12 Step forward at an angle on the right foot. Touch the left foot next to the right.
13-14 Step back at an angle on the left foot. Touch the right foot next to the left.
15-16 Step back at an angle on the right foot. Step the left foot next to the right. (even the weight)

Toes out, Heels out, Heels in, Toes in, Repeat

- 17-18 Turn toes of both feet out. Turn both heels out.
19-20 Bring both heels in. Bring toes of both feet in.
21-22 Turn toes of both feet out. Turn both heels out.
23-24 Bring both heels in. Bring toes of both feet in.

Brush off thighs, Brush left shoulder off, Brush right shoulder off, Pop shirt

- 25-26 Brush off both thighs with hands. Repeat.
27-28 With back of right hand brush off left shoulder. Repeat.
29-30 With back of left hand brush off right shoulder. Repeat.
31-32 With thumbs and index fingers pinch the front off the shirt about upper pectoral high.
Pull out and release shirt.