

Juice It Up

Compte: 32

Mur: 4

Niveau: Improver Soul

Chorégraphe: Gregory F. Huff (USA) - January 2020

Musique: Juice - Lizzo



Works well with these songs also: Pick Up the Pieces by Average White Band, Express by BT Express, etc. #32 count intro, dance starts on lyric, "Mirror, mirror," if using Juice by Lizzo. No Tags, No Restarts

CROSS POINT 4X WHILE ROWING ARMS (12:00)

(For counts 1-8, bend your arms at the elbows, make a fist, and keep your arms close to your sides as you make a forward circular motion with your fists, one full circle per count)

- 1-2 Cross right over left, touch left to the side
- 3-4 Cross left over right, touch right to the side
- 5-6 Cross right over left, touch left to the side
- 7-8 Cross left over right, touch right to the side

WALK BACK, STEP, CLAP, & STEP & STEP (12:00)

- 1-2 Walk backwards right, left
- 3-4 Walk backwards right, step left next to right
- 5-6 Step forward right, clap
- &7&8 Step left foot slightly forward, step right foot slightly forward, step left foot slightly forward, step right foot slightly forward

GRAPEVINE RIGHT, GRAPEVINE LEFT, TURN (9:00), HOP

- 1 2 3 4 Step to the right, cross left behind right, step to the right, touch left next to right
- 5-6 Step to the left, 1/4 turn left crossing right behind left
- 7-8 Step to the left, hop on your left while bringing your right knee up.

STEP, TOE, STEP, KICK, HIP BUMPS (SWAY)

- 1-2 Step right foot forward, tap left toe behind you on left
- 3-4 Step on left foot, kick right foot forward
- 5 Step right foot on the right side, bumping your hip to the right as you step
- 6-7 Bump hips left, bump hips right
- 8 Bump hips left so that weight is on left foot.

(REPEAT & HAVE FUN!!)

Gregory F. Huff © 1/2020 -

Updated 3/2020

Last site update – 12 March 2020