

Get Juicy

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Mark Furnell (UK), Chris Godden (UK), Ray Jones (WLS) & Matt Lewis (UK) -
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音乐: Juicy Wiggle - Redfoo



#80 Count Intro

Intro Danced once at the start of the dance

[01 - 08]: Arms, Hips

- 1& Place right arm forward, place left arm forward
- 2& Clap hands together (arms still extended), pull both arms towards chest
- 3& Place right hand on right hip, place left hand on left hip
- 4& Place right hand on left hip, place left hand on right hip
- 5-6 Bump hips right placing right hand on right hip left hand on left hip, hold
- 7&8 Bump hips left, bump hips right, bump hips left

Main Dance

[01 - 08]: Side Rock, Weave, Side Rock, Weave ¼ Turn

- 1-2 Rock right to right, recover weight onto left
- 3&4 Step right behind left, step left to left, cross right over left
- 5-6 Rock left to left, recover weight onto right
- 7&8 Step left behind right, turn ¼ right step right forward, step left forward (3:00)

[09 - 16]: Double Heel Switches, Heel Switches, Heel Twist

- 1-2 Touch right heel forward, touch right heel forward,
- &3-4 Step right beside left, touch left heel forward, touch left heel forward
- &5 Step left beside right, touch right heel forward
- &6 Step right beside left, touch left heel forward
- &7 Step left beside right, touch right toe forward
- &8 Twist right heel out, twist heel to centre

[17 - 24]: Back Shuffle, ½ Turn Shuffle, Cross Side Sailor Step

- 1&2 Step right back, step left beside right, step right back
- 3&4 Turn ¼ left step left to left, step right beside left, turn ¼ left step left forward (9:00)
- 5-6 Cross right over left, step left to left
- 7&8 Step right behind left, step left to left, step right to right

[25 - 32]: Cross, ¼ Back, Back, Back, Pony Steps

- 1-2 Cross left over right, turn ¼ left step right back (6:00)
- 3-4 Step left back, step right back
- 5& Step left back hitching right knee, step right forward
- 6& Step left beside right hitching right knee, step right forward
- 7& Step left beside right hitching right knee, step right forward
- 8 Step left beside right hitching right knee

TAG 2: danced here, followed by TAG 1 on wall 4

[33 - 40]: 1/4 Step Sweep, ¼ Back, ¼ Side, Heel Toe Heel, Swivels

- 1-2 Turn ¼ right step right forward sweep left from back to front, cross left over right (9:00)
- 3-4 Turn ¼ left step right back, turn ¼ left step left to left (3:00)
- 5&6 Twist right heel in, twist right toe in, twist right heel in
- 7&8 Twist both heels left, twist both toes left, twist both heels left

[41 - 48]: Shuffle, Shuffle, ¾ Walk Around

1&2 Step right to right diagonal, step left beside right, step right to right diagonal
3&4 Step left to left diagonal, step right beside left, step left to left diagonal
5-6 Turn ¼ right step right forward, turn ¼ right step left forward (9:00)
7-8 Turn ¼ right step right forward, step left beside right (12:00)

[49 - 56]: Mash Potato Steps, Back Rock & Back Rock

&1 Twist both heels out, step right back twist both heels in
&2 Twist both heels out, step left back twist both heel in
&3-4 Twist both heels out, step right back twist both heels in, step left back
5-6 Rock right back, recover weight onto left
&7-8 Step right beside left, rock left back, recover weight onto right

[57 - 64] Jump Forward, ¼ Jump Back, Jump Forward, ¼ Jump Back, Out Out, Hips

&1 Step left forward, step right beside left
&2 Turn ¼ right step left back, step right beside left (3:00)
&3 Step left forward, step right beside left
&4 Turn ¼ right step left back, step right beside left (6:00)
&5-6 Step left forward, step right to right, bump hips right
7&8 Bump hips left, bump hips right, bump hips left

Tag 1 Danced after wall 2 and after Tag 2

[01 - 16]: Heel Bounces

1-8 Bounce right heel 8 times raising right arm to right side
9-16 Bounce left heel 8 times raising left arm to left side

[17 - 24]: Side Rock x 2 & Side Rock x 2

1-2 Rock right to right, recover weight onto left
3-4 Rock right to right, recover weight onto left
&5-6 Step right beside left, rock left to left, recover weight onto right
7-8 Rock left to left, recover weight onto right

[25 - 32]: Side Rock & Side Rock & Side, Hips

&1-2 Step left beside right, rock right to right, recover weight onto left
&3-4 Step right beside left, rock left to left, recover weight onto right
&5-6 Step left beside right, step right to right, bump hips right
7&8 Bump hips left, bump hips right, bump hips left

Tag 2 Danced after 32 counts of wall 4.

[01 - 16]: Stomp, Hold, Stomp, Hold

1-8 Stomp right to right diagonal, hold 7 counts
9-16 Stomp left to left diagonal, hold 7 counts

[17 - 24]: Stomp, Hold, Stomp, Hold

1-4 Stomp right to right diagonal, hold 3 counts
5-8 Stomp left to left diagonal, hold 3 counts

[25 -32]: Walk Back x4, Run round x4, Out, Out

1-2 Step right back, step left back
3-4 Step right back, step left back
5&6& Run Right, Left, Right, Left making full turn Right,
7-8 Step Right to Right, Step Left to Left

