

Juiced

拍数: 64 墙数: 4 级数: Intermediate / Advanced
编舞者: Emily Faye (USA) - December 2020
音乐: Juice - Lizzo



[1-8] Stomp R, Twist heels out, Apple Jack R then L, 2x 1/4 Turn R

- 1&2 Stomp R foot next to L, Lift L and R heels up and outward, Recover heels back down side-by-side
- &3 Lift L heel up and inward while R toe comes up and outward, Recover both back down side-by-side
- &4 Lift L toe up and outward while R heel comes up and inward, Recover both back down side-by-side
- 5, 6, 7, 8 Step L toward (12:00) to 1/4 turn body right to face (3:00), swaying hips R to L before placing weight back on R foot. Repeat for 7, 8 to face (6:00).

[9-16] Weave R front first, 3/4 turn R, 2 Steps, Mambo L w/ Body Roll

- 1&2 Cross L in front of R, Step out R, Hook L behind R
- 3&4 3 1/4 turn right to face (3:00) stepping RLR
- 5, 6 Step forward L while dragging R toe, Step forward R while dragging L toe
- 7&8 Rock L foot forward including a small chest-to-hips roll, Recover weight onto R foot, Step L foot back

[17-24] Step back RL w/ Sweep, 1/4 Sailor Turn R, Step L, Lock R, Scuff L, Stomp LR

- 1, 2 Step back onto R foot while fanning L foot out, Step back onto L foot while fanning R foot out
- 3&4 1/4 turn right by hooking R behind L, Finish by stepping LR. End facing (6:00)
- 5, 6 Step L foot forward, Step R foot behind L while hitching L leg up
- 7&8 Scuff L heel across ground, Stomp L foot out, Stomp R foot out

[25-32] 2x Bumps R, Swing hips L to R, 1/4 Sailor Turn R, Step L and 1/4 turn R w/ Slide

- 1, 2 Bump hips twice to the right
- 3, (4) Circle hips in a counter-clockwise rotation
- 5&6 1/4 turn right by hooking R behind L, Finish by stepping LR. End facing (9:00)
- 7, 8 Stepping L towards (9:00), 1/4 turn to the right to face (12:00) while sliding R foot next to L, Touch R beside L.

[33-40] R heel, 1/4 Turn w/ L heel, R toe, 1/2 turn w/ R kick, Side rock L, Weave R

- 1&2& R heel forward, Recover weight onto R foot as you 1/4 turn left facing (9:00), L heel forward, Recover weight onto L.
- 3, 4& Touch R toe back, 1/2 turn over right using the momentum of coming up onto the ball of your L and kicking your R foot out to face (3:00), Recover weight onto R
- 5, 6 Side rock to the L, Recover onto R
- 7&8 Weave to the right by hooking L behind R, Stepping out R, Crossing L over R

[41-48] 1/2 Turn w/ L Sweep, Pony Step L, R Sailor Step, L Sailor w/ Scuff

- 1, (2) Step out onto R and sweep L leg front to back to 1/2 turn left, ending (9:00)
- 3&4 Step back onto L with a slight lift and bend in R leg, Step R ball of foot down to bring L leg off ground, Step L back down with a slight lift and bend in R leg
- 5&6 Cross R foot behind L, Step out to the L, Step out to the R
- 7&8& Cross L foot behind R, Step out to the R, Scuff L heel forward, Place weight forward onto L

[49-56] R Toe, L Heel, Pivot w/ R, Step out RL, Step in RL, Sway hips RL

- 1&2& Touch R toe beside L foot, Recover onto R foot, L heel forward, Recover onto L

- 3, 4 Step forward on R and pivot (1/2) turn left to face (3:00), Changing weight onto L
 &5&6 Step out R, Step out L, Step in R, Step in L
 7, 8 Sway hips to the R, Sway hips to the L

[57-64] 2x Slide R, 1/4 Sailor Turn L, 1/4 Turn L w/ R Heel, Hook, Heel, Flick

- 1, (2)& Big step out R, dragging L beside, Recover L beside R
 3, (4) Big step out R, dragging L beside
 5&6 1/4 turn left by hooking L behind R, Finish by stepping RL. End facing (12:00)
 7&8& While shifting L foot to accommodate, 1/4 turn to the left by touching R heel forward, Hooking R foot to L shin (10:30), Touching R heel forward, Flicking R foot back. End facing (9:00) for a new wall.

REPEAT FROM TOP

***Note: On Walls 2, 4 and 5, add two claps on count 32 and &. The 8-count should look like:**

[25-32] 2x Bumps R, Swing hips L to R, 1/4 Sailor Turn R, Step L and 1/4 turn R w/ Slide, 2 Claps

- 1, 2 Bump hips twice to the right
 3, (4) Circle hips in a counter-clockwise rotation
 5&6 1/4 turn R by hooking R behind L, then finish by stepping LR. End facing (9:00)
 7, 8& Stepping L towards (9:00), 1/4 turn to the right to face (12:00) while sliding R foot next to L, touch R beside L and clap twice.

TAG after the Fourth Wall:

[1-8] Hop, Twist heels R, R Coaster Step, 4x paddle turns R

- 1&2 Hop forward with feet together, lift heels (and hips) up and to the right to face (10:30), recover back down
 3&4 Step R foot back, Step L beside R, Step forward onto R
 5, 6, 7, 8 Keeping weight on R, touch L foot towards (12:00) while bumping L hip up to 1/4 turn right to face (3:00). Repeat to face (6:00), then (9:00), and once more for (12:00) to make a full turn.

[9-16] Hop, Twist heels L, L Coaster Step, 4x paddle turns L

- 1&2 Hop forward with feet together, lift heels (and hips) up and to the left to face (1:30), recover back down
 3&4 Step L foot back, Step R beside L, Step forward onto L
 5, 6, 7, 8 Keeping weight on L, touch R foot towards (12:00) while bumping R hip up to 1/4 turn left to face (9:00). Repeat to face (6:00), then (3:00), and once more for (12:00) to make a full turn.

[17-24] 2x Step forward R w/ Body Roll, Rock L and cross, Step out R w/ 1/2 turn, Step out L w/ 1/2 turn

- 1, (2)& Step R foot forward while rolling chest-to-hips with it, recover L next to R
 3, (4) Step R foot forward while rolling chest-to-hips with it
 5&6 Rock out L, Recover onto R, Cross L in front of R
 7, 8 Step out R while 1/2 turning over left shoulder to face (6:00), Step out L to continue with another 1/2 turn over left shoulder to face (12:00)

[25-32] Step out R, Hip Roll R to L w/ 3 L heel lifts, Sailor Step L, Sailor Step R, Step L

- 1, 2, 3, 4 Step out R to begin a slow clockwise hip roll R to L for all four counts, tapping L heel three times for counts 2-4.
 5&6 Cross L foot behind R, Step out to the R, Step out to the L
 7&8 Cross R foot behind L, Step out to the L, Step out to the R
 & Step forward onto L

Pattern: Wall One, Wall Two (with claps), Wall Three, Wall Four (with claps), Tag, Wall Five (with claps)

(*) For a slower, moodier line dance, try the choreography to "You Should Be Sad" by Halsey. Start with lyrics, Tag after Wall Four, Claps on count 32& on every wall, and One restart on Wall Three, after count 48 (the chorus will cut it short).

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