

# Juice

COPPER KNOB  
STEP SHEETS

拍數: 32      牆數: 4      級數: Improver / Intermediate  
編舞者: Phillip M. Vaughan (USA) - April 2019  
音樂: Juice - Lizzo : (Album: Cuz I Luv You - Clean version available on Amazon)



**Intro: 32 counts from start, weight on L before vocals. ~ 120 bpm | No Tags, No Restarts**

**[01 – 08] Walk fwd (x2), mambo fwd, mashed potato back (x4)**

1 2            Walk R fwd (1), walk L fwd (2) 12:00  
3 & 4        Rock R fwd (3), recover to L (&), step R back (4) 12:00  
& 5           Swivel R heel out and flick L to left (&), cross L behind R swivel heels inward (5) 12:00  
& 6           Swivel L heel out and flick R to right (&), cross R behind L swivel heels inward (5) 12:00  
& 7 & 8       Repeat counts "& 5 & 6"

**--- Easier Option ---**

5 6 7 8       Walk L back (5), walk R back (6), walk L back (5), walk R back (6) 12:00

**[09 - 16] Back rock, recover, ¼ turn R, back rock, recover, ¼ side touch L (x2), side touch side**

1 2 &        Rock L back pop right knee (1), recover R (2), turn ¼ right step L back (&) 3:00  
3 4           Rock R back pop left knee (3), recover L (4) 3:00  
5 &           Turn ¼ left step R right (5), touch L to R (&) 12:00  
6 &           Turn ¼ left step L fwd (6), touch R to L (&) 9:00  
7 & 8        Step R right (5), touch L to R (&), step L left (5) 9:00

**--- Easier Option ---**

5 6 7 8       Step R fwd (5), ¼ pivot left to L (6), step R fwd (7), ¼ pivot left to L (8) 9:00

**[17 - 24] Cross rock recover side, fwd rock recover, syncopated ¾ turn cross, point R, clap (x2)**

1 2 &        Cross rock R over L (1), recover to L (2), touch R next to L (&) 9:00  
3 4           Rock L fwd (3), recover R (4) 9:00  
5 6 &        Turn ½ left step L fwd (5), turn ¼ left step R right (6), cross L behind R (&) 12:00  
7 & 8        Point R to right (7), clap (&), clap (8) 12:00 [hips should be angled slightly left]

**[25 - 32] ¼ R jazz box, applejacks (x2), kick ball change**

1 2 3 4       Cross R over L (1), step L back (2), turn ¼ right step R to right (3), step L towards R (4) 3:00  
5 &           Swivel L toe to L as you twist R heel inward, recover to center 3:00  
6 &           Swivel R toe to R as you twist L heel inward, recover to center 3:00

**--- Easier Option ---**

5 6           Step R slightly right sway hips right (5), sway hips left (6)  
7 & 8        Kick R fwd (7), touch R next to L (&), step L slightly fwd (8) 3:00

**Begin again!**

**Ending: The dance ends after Wall 11.**

**Do the dance normally up to count 32, then cross L over R, cross arms in front of chest and look right to face front.**

**Contact: phillipmvaughan@gmail.com, I would love to hear your feedback! (Please don't alter this step sheet)**

**Choreographer's Note: This dance also works wonderfully to Wild Things by Alessia Cara! 8 Count Intro. Song ends 8 counts into Wall 11. Replace the "& 8" with Turn ½ right hitch R, step R fwd.**