My Juice



拍數: 32 牆數: 4 級數: High Improver

編舞者: Hope Gray (USA) - July 2019

音樂: Juice - Lizzo



INTRO: 40

STEP TOGETHER, SHUFFLE (Xs2)

1,2. R Step forward, step L together next to R

3&4. R shuffle forward (R Step forward, step L forward behind R, step R forward)

5,6. L Step forward, step R together next to L

7&8. L shuffle forward (L Step forward, step R forward behind L, step L forward)

STEP TOUCH BACK (Xs2) SHUFFLE BACK, COASTER STEP

1,2. R Step back, touch L together3,4. L Step back, touch R together

5&6. R shuffle back (R Step back, step L back in front of R, step R back)
7&8. L coaster step (Step L back, step R back next to L, step L forward)

PIVOT ½ Xs2, BOOTY ROLL 2Xs R & 2Xs L

1,2 R Step forward pivot ½ to L (L stays in place)

3&4 R Step forward pivot ½ To L again after return back to starting wall, step R to R (hip width

apart)

5&6 Booty Roll to R (Xs2) 7&8 Booty Roll to L (Xs2)

LINDY, ROCK-RECOVER, SIDE SHUFFLE 3/4 TURN

1&2 Lindy to R (side shuffle To R)

3,4 L rock back (take weight) Recover R (return weight back onto)

5&6 Side shuffle L (to L side)

7&8 Rock back onto R take weight and make ¾ turn to R to next wall, Switch weight to L

REPEAT