

Juice

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4
編舞者: JMP (KOR) - February 2021
音樂: Juice - Lizzo

級數: Beginner Disco Style



Start : After 32 Count (No Tag, No Restart)

Ending : Pivot 1/4 Turn Left (12:00)

S1 (1-8) Walk Forward x 4 with Heel Swivel, Touch Diagonal, Hip Bump with Heel Swivel

- 1 - 4 Step RF forward (1), Step LF forward (2), Step RF forward (3), Step LF forward (4) - (Heels in, out on each step)
- 5 - 8 Touch RF diagonal right with hip bump up (5), Hip bump down (&), Hip bump up (6), Hip bump down (&), Hip bump up (7), Hip bump down (&), Hip bump up (8), Hip bump down (&) - with heel swivel

S2 (1-8) Step Back Point x 2, Back Rocking Chair

- 1 - 4 Step RF back (1), Point LF side (2), Step LF back (3), Point RF side (4)
- 5 - 8 Step RF back (5), Recover LF (6), Step RF forward (7), Recover LF (8)

S3 (1-8) Step Side Cross x 2, Step Side, Kick Diagonal, 1/4 Turn Left Step Side, Kick Diagonal

- 1 - 4 Step RF side (1), Cross LF over R same time body down (2), Step RF side (3), Cross LF over R same time body down(4)
- 5 - 8 Step RF side (5), Kick LF diagonal right (6), 1/4 turn left Step LF side (7), Kick RF diagonal left (8) - 9:00

S4 (1-8) Out, Out, In, In (with hip shake), Jazz Jumping (with shoulder shimmy)

- 1 - 4 Step RF diagonal right forward (&), Step LF diagonal left forward (1), Clap (2), Step LF back (&), Close RF to L (3), Clap (4) - with hip shake
- 5 - 8 Step RF diagonal right forward (&), Step LF diagonal left forward (5), Step RF back (&), Close LF to R (6), Step RF diagonal right forward (&), Step LF diagonal left forward (7), Step RF back (&), Close LF to R (8) - with shoulder shimmy

HAVE FUN ~~~

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