

Dancing Juice

拍數: 64 牆數: 4 級數: Improver
編舞者: Karl-Harry Winson (UK) - October 2008
音樂: The Boy Does Nothing - Alesha Dixon



Intro: 64 count introduction, start on the lyrics "Does he wash up"

(Sec 1 1-8) Side Strut, Cross Strut, Weave Right

1-2 Step right toes to right side, drop the heel
3-4 Cross left toes over the right, drop the heel
5-6 Step right to right side, cross left behind the right
7-8 Step right to right side, cross left over the right

(Sec 2 9-16) Toe Strut Right, Back Rock, Flick Left, Flick Right

1-2 Step on right toe to right side, drop right heel
3-4 Rock back on the left recover forward on the right (slightly facing the left diagonal corner)
5-6 Flick left to left diagonal, Step left next to the right
7-8 Flick right foot to right diagonal, Step right next to the left

(Sec 3 17-24) Side Strut, Cross Strut, Weave Left

1-2 Step left toes to left side, drop the heel
3-4 Cross right toes over the left, drop the heel
5-6 Step left to left side, cross right behind the left
7-8 Step left to left side, cross right over the left

(Sec 4 25-32) Side Hold, Cross Rock, Side Rock, Back Rock ¼ Turn

1-2 Step left to left side, hold
3-4 Cross rock right over the left, recover weight back in the left
5-6 Rock right to right side, recover weight back in the left
7-8 Cross rock back on the right, recover weight forward in the left making a 1/4 turn right

(Sec 5 33-40) Toe, Kick, Cross, Back, Side, Hold, Cross, Hold

1-2 Touch right toe next to left instep bending left knee and twisting to left diagonal, straighten knee and kick right foot towards right diagonal
3-4 Cross right over left, step back on left
5-8 Step right to right side, hold, cross left over right, hold

(Sec 6 41-48) Toe, Kick, Cross, Back, Side, Hold, Cross, Hold

1-2 Touch right toe next to left instep bending left knee and twisting to left diagonal, straighten knee and kick right foot towards right diagonal
3-4 Cross right over left, step back on left
5-8 Step right to right side, hold, cross left over right, hold

(Sec 7 49-56) Right Side Strut, Back Rock, Left Side Strut, Back Rock

1-2 Step right toe to right side, drop the heel
3-4 Rock back on the left, recover forward on the right
5-6 Step left toe to left side, drop the heel
7-8 Rock back on the right, recover forward on the left

(Sec 8 57-64) ½ Turn, Lower Heel, Rock Recover, Full Turn, Step, Hold

1-2 Step forward on ball of right and turn ½ to left, lower heel,
3-4 Rock back on left, recover on right
5-6 Step forward on left pivoting ¼ to right, pivot ½ to right and step right to right

7-8 Turn $\frac{1}{4}$ to right and step forward on left, hold

Note: Can replace the last 4 counts of section 8 with a left shuffle forward
