

My Juice

Choreographer: Ann-Kristine Sandberg(NOR), Christina Yang(KOR)-APR, 2019

Count: 32 Wall: 4 Level: High Beginner Type: Retro Funk

Music: Juice by Lizzo

Start the dance after 32 counts

SECTION 1: SIDE, CROSS, SIDE, CROSS HITCH, SIDE TOUCH, STEP WITH BENDING KNEE, WEIGHT CHANGE, 1/4 TURN TO L WITH HITCH

- 1-2 RF side, LF cross over RF
- 3-4 RF side, LF cross hitch over RF
- 5-6 LF side touch, L heel down while bending L knee(Like a seat in chair)
- 7-8 Weight change to RF while both knee straightened, 1/4 turn to L with LF hitch

SECTION 2: DIAGONAL BACK, TOUCH, DIAGONAL BACK, TOUCH, 3 TIMES OF FORWARD WALKS, TOUCH

- 1-2 LF diagonal backward, RF touch beside LF
- 3-4 RF diagonal backward, LF touch beside RF
- 5-8 LF forward, RF forward, LF forward, RF touch beside LF

SECTION 3: SIDE, CROSS BEHIND POINT, SIDE POINT, HITCH, SIDE, BEHIND, 1/4 TURN TO L WITH FORWARD, TOUCH

- 1-2 Step RF to R side, Point LF behind RF(09:00)
- 3-4 Point LF toe out to L, Hitch LF in front of RF
- 5-6 Step LF to L side, Cross RF behind LF
- 7-8 1/4 turn to L stepping LF forward, Touch RF next to LF(06:00)

SECTION 4: TOE STRUTS, ROCK, RECOVER, 1/4 TURN TO R WITH SIDE, CROSS

- 1-2 Touch R toe diagonal forward to R, Step RF heel down
- 3-4 Touch L toe diagonal forward to L, Step LF heel down
- 5-6 Step RF forward rock, Recover onto LF
- 7-8 Turn to 1/4 R with stepping RF to R side, Cross LF over RF

NO TAG, NO RESTART

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