

Juice

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Count: 32 **Wall:** 4 **Level:** Improver / Intermediate

Choreographer: Phillip M. Vaughan (Rochester, NY) – April 2019

Music: Juice by 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.