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| My Juice |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | High Beginner | . |
| **Choreographer:** | Ann-Kristin Sandberg (NOR) & Christina Yang (KOR) - April 2019 | | | | |
| **Music:** | Juice - 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**

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| --- | --- |
| 1-2 | RF side, LF cross over RF |

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| --- | --- |
| 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 |

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| --- | --- |
| 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) |

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| --- | --- |
| 3-4 | Point LF toe out to L, Hitch LF in front of RF |

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| --- | --- |
| 5-6 | Step LF to L side, Cross RF behind LF |

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| --- | --- |
| 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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