|  |  |
| --- | --- |
| Get Juicy |  |

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| . |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Mark Furnell (UK), Chris Godden (UK), Ray Jones (WLS) & Matt Lewis (UK) - September 2020 |
| **Music:** | Juicy Wiggle - Redfoo |
| . |

**#80 Count Intro**

**Intro Danced once at the start of the dance**

**[01 - 08]: Arms, Hips**

|  |  |
| --- | --- |
| 1& | Place right arm forward, place left arm forward |

|  |  |
| --- | --- |
| 2& | Clap hands together (arms still extended), pull both arms towards chest |

|  |  |
| --- | --- |
| 3& | Place right hand on right hip, place left hand on left hip |

|  |  |
| --- | --- |
| 4& | Place right hand on left hip, place left hand on right hip |

|  |  |
| --- | --- |
| 5-6 | Bump hips right placing right hand on right hip left hand on left hip, hold |

|  |  |
| --- | --- |
| 7&8 | Bump hips left, bump hips right, bump hips left |

**Main Dance**

**[01 - 08]: Side Rock, Weave, Side Rock, Weave ¼ Turn**

|  |  |
| --- | --- |
| 1-2 | Rock right to right, recover weight onto left |

|  |  |
| --- | --- |
| 3&4 | Step right behind left, step left to left, cross right over left |

|  |  |
| --- | --- |
| 5-6 | Rock left to left, recover weight onto right |

|  |  |
| --- | --- |
| 7&8 | Step left behind right, turn ¼ right step right forward, step left forward (3:00) |

**[09 - 16]:Double Heel Switches, Heel Switches, Heel Twist**

|  |  |
| --- | --- |
| 1-2 | Touch right heel forward, touch right heel forward, |

|  |  |
| --- | --- |
| &3-4 | Step right beside left, touch left heel forward, touch left heel forward |

|  |  |
| --- | --- |
| &5 | Step left beside right, touch right heel forward |

|  |  |
| --- | --- |
| &6 | Step right beside left, touch left heel forward |

|  |  |
| --- | --- |
| &7 | Step left beside right, touch right toe forward |

|  |  |
| --- | --- |
| &8 | Twist right heel out, twist heel to centre |

**[17 - 24]: Back Shuffle, ½ Turn Shuffle, Cross Side Sailor Step**

|  |  |
| --- | --- |
| 1&2 | Step right back, step left beside right, step right back |

|  |  |
| --- | --- |
| 3&4 | Turn ¼ left step left to left, step right beside left, turn ¼ left step left forward (9:00) |

|  |  |
| --- | --- |
| 5-6 | Cross right over left, step left to left |

|  |  |
| --- | --- |
| 7&8 | Step right behind left, step left to left, step right to right |

**[25 - 32]: Cross, ¼ Back, Back, Back, Pony Steps**

|  |  |
| --- | --- |
| 1-2 | Cross left over right, turn ¼ left step right back (6:00) |

|  |  |
| --- | --- |
| 3-4 | Step left back, step right back |

|  |  |
| --- | --- |
| 5& | Step left back hitching right knee, step right forward |

|  |  |
| --- | --- |
| 6& | Step left beside right hitching right knee, step right forward |

|  |  |
| --- | --- |
| 7& | Step left beside right hitching right knee, step right forward |

|  |  |
| --- | --- |
| 8 | Step left beside right hitching right knee |

**TAG 2: danced here, followed by TAG 1 on wall 4**

**[33 - 40]: 1/4 Step Sweep, ¼ Back, ¼ Side , Heel Toe Heel, Swivels**

|  |  |
| --- | --- |
| 1-2 | Turn ¼ right step right forward sweep left from back to front, cross left over right (9:00) |

|  |  |
| --- | --- |
| 3-4 | Turn ¼ left step right back, turn ¼ left step left to left (3:00) |

|  |  |
| --- | --- |
| 5&6 | Twist right heel in, twist right toe in, twist right heel in |

|  |  |
| --- | --- |
| 7&8 | Twist both heels left, twist both toes left, twist both heels left |

**[41 - 48]: Shuffle, Shuffle, ¾ Walk Around**

|  |  |
| --- | --- |
| 1&2 | Step right to right diagonal, step left beside right, step right to right diagonal |

|  |  |
| --- | --- |
| 3&4 | Step left to left diagonal, step right beside left, step left to left diagonal |

|  |  |
| --- | --- |
| 5-6 | Turn ¼ right step right forward, turn ¼ right step left forward (9:00) |

|  |  |
| --- | --- |
| 7-8 | Turn ¼ right step right forward, step left beside right (12:00) |

**[49 - 56]: Mash Potato Steps, Back Rock & Back Rock**

|  |  |
| --- | --- |
| &1 | Twist both heels out, step right back twist both heels in |

|  |  |
| --- | --- |
| &2 | Twist both heels out, step left back twist both heel in |

|  |  |
| --- | --- |
| &3-4 | Twist both heels out, step right back twist both heels in, step left back |

|  |  |
| --- | --- |
| 5-6 | Rock right back, recover weight onto left |

|  |  |
| --- | --- |
| &7-8 | Step right beside left, rock left back, recover weight onto right |

**[57 - 64] Jump Forward, ¼ Jump Back, Jump Forward, ¼ Jump Back, Out Out, Hips**

|  |  |
| --- | --- |
| &1 | Step left forward, step right beside left |

|  |  |
| --- | --- |
| &2 | Turn ¼ right step left back, step right beside left (3:00) |

|  |  |
| --- | --- |
| &3 | Step left forward, step right beside left |

|  |  |
| --- | --- |
| &4 | Turn ¼ right step left back, step right beside left (6:00) |

|  |  |
| --- | --- |
| &5-6 | Step left forward, step right to right, bump hips right |

|  |  |
| --- | --- |
| 7&8 | Bump hips left, bump hips right, bump hips left |

**Tag 1 Danced after wall 2 and after Tag 2**

**[01 - 16]: Heel Bounces**

|  |  |
| --- | --- |
| 1-8 | Bounce right heel 8 times raising right arm to right side |

|  |  |
| --- | --- |
| 9-16 | Bounce left heel 8 times raising left arm to left side |

**[17 - 24]: Side Rock x 2 & Side Rock x 2**

|  |  |
| --- | --- |
| 1-2 | Rock right to right, recover weight onto left |

|  |  |
| --- | --- |
| 3-4 | Rock right to right, recover weight onto left |

|  |  |
| --- | --- |
| &5-6 | Step right beside left, rock left to left, recover weight onto right |

|  |  |
| --- | --- |
| 7-8 | Rock left to left, recover weight onto right |

**[25 - 32]: Side Rock & Side Rock & Side, Hips**

|  |  |
| --- | --- |
| &1-2 | Step left beside right, rock right to right, recover weight onto left |

|  |  |
| --- | --- |
| &3-4 | Step right beside left, rock left to left, recover weight onto right |

|  |  |
| --- | --- |
| &5-6 | Step left beside right, step right to right, bump hips right |

|  |  |
| --- | --- |
| 7&8 | Bump hips left, bump hips right, bump hips left |

**Tag 2 Danced after 32 counts of wall 4.**

**[01 - 16]: Stomp, Hold, Stomp, Hold**

|  |  |
| --- | --- |
| 1-8 | Stomp right to right diagonal, hold 7 counts |

|  |  |
| --- | --- |
| 9-16 | Stomp left to left diagonal, hold 7 counts |

**[17 - 24]: Stomp, Hold, Stomp, Hold**

|  |  |
| --- | --- |
| 1-4 | Stomp right to right diagonal, hold 3 counts |

|  |  |
| --- | --- |
| 5-8 | Stomp left to left diagonal, hold 3 counts |

**[25 -32]: Walk Back x4, Run round x4, Out, Out**

|  |  |
| --- | --- |
| 1-2 | Step right back, step left back |

|  |  |
| --- | --- |
| 3-4 | Step right back, step left back |

|  |  |
| --- | --- |
| 5&6& | Run Right, Left, Right, Left making full turn Right, |

|  |  |
| --- | --- |
| 7-8 | Step Right to Right, Step Left to Left |

**Last Update - 14 Dec. 2020-R2**