

# Juicy

**COPPER** KNOB  
STEPSHEETS

拍数: 48

墙数: 4

级数: Intermediate / Advanced west coast  
swing



编舞者: Michele Perron (CAN)

音乐: Juicy - Better Than Ezra

Sequence: 48, 48, 16, 48, plus 8 count insert, 48, 48, 48, 16, 16, 16, begin last rotation

## WALK, WALK, TURN/SIDE-ACROSS-TURN/BACK; SIDE, DRAG, SIDE, DRAG, STEP

- 1-2 Right step forward; left step forward
- 3&4 Right triple with  $\frac{1}{2}$  turn left (execute  $\frac{1}{4}$  turn left with right step side right, left step across front of right execute  $\frac{1}{4}$  turn left, right step back) (6:00)
- 5-6 Left (large) step side left; right slide toward left and touch beside left
- 7-8 Right (large) step side right; left slide toward right and touch beside right
- & Left step beside right

## WALK, WALK, TURN/SIDE-ACROSS-TURN/BACK; FORWARD, DRAG, BACK, DRAG

- 1-2 Right step forward; left step forward
- 3&4 Right triple with  $\frac{3}{4}$  turn left ( $\frac{1}{4}$  turn left with right step side right, left step across front of right,  $\frac{1}{2}$  turn left with right step back) (9:00)
- 5-6 Left (large) step forward; right slide forward to left and touch beside left
- 7-8 Right (large) step back; left slide back to right and touch beside right

## TRIPLE FORWARD, ROCK-&-TURN, TOUCH-TURN-TOUCH, TURN/SIDE-TOGETHER-SIDE

- 1&2 Left triple forward (left step forward, right lock/step forward & crossed behind left, left step forward)
- 3&4 Right rock/step forward, left recover/step back, execute  $\frac{1}{2}$  turn right with right step forward (3:00)
- 5&6 Left touch forward; execute  $\frac{1}{2}$  turn right on right step forward; left touch forward (9:00)
- 7&8 Execute  $\frac{1}{4}$  turn left with left step side left, right step beside left, left step side left (6:00)

## KICK-STEP-ACROSS, SIDE/ROCK-RECOVER-BEHIND-TURN/FORWARD: REPEAT

- 1&2 Right kick forward, right step behind left heel, left step across front of right
- &3 Right rock/step side right; left recover/step left side
- &-4 Right step crossed behind left; execute  $\frac{1}{4}$  turn left with left with left step forward (3:00)
- 5&6 Right kick forward, right step behind left heel, left step across front of right
- &7 Right rock/step side right; left recover/step left side
- &8 Right step crossed behind left; execute  $\frac{1}{4}$  turn left with left with left step forward (12:00)

## "JUICY" TRIPLE FORWARD; SCUFF-HITCH-BACK, 'FUNKY' KNEE: IN-OUT-IN-OUT-IN, TURN

- 1&2 Right triple forward (right step forward, left lock/step forward & crossed behind right, right step forward)
- 3 Left scuff forward
- & Left hitch knee up
- 4 Left (large) step back (into 'sit' position)
- 5 Press right toe/ball forward & twist right knee in (to the left)
- & Right knee out (to the right)
- 6 Right knee in (to the left)
- & Right knee out (to the right)
- 7 Right knee in (to the left)
- 8 Execute  $\frac{1}{4}$  turn left (weight on right, right knee remains in, left leg is straight) (9:00)

Right knee is bent on counts 4,5,6,7,8. Weight remains on left for counts 4,5,6,7

**"JUICY" SIDE, BEHIND-SIDE-SIDE-BEHIND-TURN-SIDE; TURN/BUMP-&-BUMP, BUMP & BUMP**

- 1 Left step side left (press off right toe/ball, shift weight to left)
- 2 Right step crossed behind left
- & Left rock/step side left
- 3 Right recover/step side
- & Left step crossed behind right
- 4 Execute ¼ turn left and right rock/step side right (6:00)
- & Left recover/step side left
- 5 Execute ¼ turn left with right step side right with hip bump (3:00)
- &6 Bump hips to center, to right
- 7 Left step side left & hip bump
- &8 Bump hips to center, to left

**REPEAT**

**TAG**

**After Second Rotation: "Extra Juice" Repeat Sections V & VI (16 Counts)**

**During Third Rotation: "Extra Juice" Bridge between Sec.V & VI: Shift weight side LEFT on '&' Count, after Count 8 of Sec.V and repeat Sec.V (8 Counts)**

**Fourth & Fifth Rotations: 48 Counts each**

**After Sixth Rotation: "Extra Juice" Repeat Sections V & VI three times (16 Counts 3 times), then begin dance  
Dance will end facing front wall, after LEFT Triple forward of Sec.III. Strike a pose with a RIGHT Lunge forward**

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