

Juicy

48 count, 4 wall, intermediate/advanced level
Choreographer: Michele Perron (Canada) May 2006
Choreographed to: Juicy by Better Than Ezra
(HipHop) (102 bpm); What's Going On by The Funk
Brothers And Chaka Chan; Starry Eyed Surprise by
Paul Oakenfold (Featuring Shifty Shellshock Of Crazy
Town); Not Tonight (Ladies Night) Remix by Lil Kim &
Tlc & Missy Elliot

16 count intro

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

Sec. I (1-8) 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 1/2 Turn L [Execute 1/4 Turn L with R Step side R, L Step across front of R
Execute 1/4 Turn L with R Step back] (6 o'clock)
5,6 LEFT (large) Step side L; RIGHT Slide to side L and touch beside L
7,8& RIGHT (large) Step side R; LEFT Slide to side R and touch beside R, LEFT Step beside R

Sec. II (9-16) WALK, WALK, TURN/SIDE-ACROSS-TURN/BACK; FORWARD, DRAG, BACK, DRAG

- 1, 2 RIGHT Step forward; LEFT Step forward
3&4 RIGHT Triple with 3/4 Turn L [1/4 Turn L with R Step side R, L Step across front of R,
1/2 Turn L with R Step back] (9 o'clock)
5,6 LEFT (large) Step forward; RIGHT Slide forward to L and touch beside L
7,8 RIGHT (large) Step back; LEFT Slide back to R and touch beside R

Sec. III (17-24) TRIPLE FORWARD, ROCK-&-TURN, TOUCH-TURN-TOUCH, TURN/SIDE-TOGETHER-SIDE

- 1&2 LEFT Triple forward [L Step forward, R Lock/Step forward & crossed behind L, L Step forward]
3&4 RIGHT Rock/Step forward, LEFT Recover/Step back,
Execute 1/2 Turn R with RIGHT Step forward (3 o'clock)
5,&6 LEFT Touch forward; Execute 1/2 Turn R on RIGHT Step forward; LEFT Touch forward
(9 o'clock)
7&8 Execute 1/4 Turn L with LEFT Step side L, RIGHT Step beside L, LEFT Step side L (6 o'clock)

Sec. IV (25-32) KICK-STEP-ACROSS, SIDE/ROCK-RECOVER-BEHIND-TURN/FORWARD: Repeat

- 1&2 RIGHT Kick forward, RIGHT Step behind L heel, LEFT Step across front of R
&,3 RIGHT Rock/Step side R; LEFT Recover/Step L side
&,4 RIGHT Step crossed behind L; Execute 1/4 Turn L with L with LEFT Step forward (3 o'clock)
5&6 RIGHT Kick forward, RIGHT Step behind L heel, LEFT Step across front of R
&,7 RIGHT Rock/Step side R; LEFT Recover/Step L side
&,8 RIGHT Step crossed behind L; Execute 1/4 Turn L with L with LEFT Step forward (12 o'clock)

Sec. V (33-40) "JUICY" TRIPLE FORWARD; SCUFF-HITCH-BACK, 'FUNKY' KNEE: IN-OUT-IN-OUT-IN,TURN

- 1&2 RIGHT Triple forward [R Step forward, L Lock/Step forward & crossed behind R, R Step forward]
3 LEFT Scuff forward
& LEFT Hitch Knee up
4 LEFT (large) Step back [into 'sit' position]
5 'Press' R Toe/Ball forward & Twist R Knee 'IN' (ccw)
& RIGHT Knee 'OUT' (cw)
6 RIGHT Knee 'IN' (ccw)
& RIGHT Knee 'OUT' (cw)
7 RIGHT Knee 'IN' (ccw)
8 Execute 1/4 Turn L [weight on R, R Knee remains 'IN', L Leg is straight] (9 o'clock)
[R Knee is bent on Counts 4,5,6,7,8] [Weight remains on L for Counts 4,5,6,7]

Sec. VI (41-48) "JUICY" SIDE, BEHIND-SIDE-SIDE-BEHIND-TURN-SIDE; TURN/BUMP-&-BUMP, BUMP & BUMP

- 1 LEFT 'Step' side L [press off R Toe/Ball, shift weight to L]
2 RIGHT Step crossed behind L
& LEFT Rock/Step side L
3 RIGHT Recover/Step side
& LEFT Step crossed behind R
4 Execute 1/4 Turn L and RIGHT Rock/Step side R (6 o'clock)
& LEFT Recover/Step side L
5 Execute 1/4 Turn L with RIGHT Step side R with Hip Bump (3 o'clock)
&,6 Bump Hips to Centre, to R
7&8 LEFT Step side L & Hip Bump, Bump Hips to Centre, to L
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After Second Rotation: "Extra Juice" Repeat Sections V & VI (16 Counts).

During Third Rotation: "Extra Juice" Bridge between Sec.V & VI: Shift weight side L 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 L Triple forward of Sec.III. Strike a pose with a R Lunge forward.

Music Selections: West Coast Swing (Rock, Pop, Hip Hop)

Split Floor Suggestion: Funk Shui by Michele Perron

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