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## Juice It Up

32 Count, 4 Wall, Improver (Soul Line Dance)  
Choreographed by: Gregory F. Huff (USA) April 2020  
Choreographed to:- Juice By Lizzo (Clean Edit)  
Alternative Song: Pick Up The Pieces by Average White  
Band Express by BT Express.

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**Remember to Vote** for your favourite dances in the Linedancer Charts.

### **SEC 1      CROSS POINT 4X WHILE ROWING ARMS (12:00)**

1-2      Cross right over left, touch left to the side  
3-4      Cross left over right, touch right to the side  
5-6      Cross right over left, touch left to the side  
7-8      Cross left over right, touch right to the side

### **SEC 2      WALK BACK, STEP, CLAP, & STEP & STEP (12:00)**

1-2      Walk backwards right, left  
3-4      Walk backwards right, step left next to right  
5-6      Step forward right, clap  
&7&8      Step left foot slightly forward, step right foot slightly forward,  
Step left foot slightly forward, step right foot slightly forward

### **SEC 3      GRAPEVINE RIGHT, GRAPEVINE LEFT, TURN (9:00), HOP**

1 2 3 4      Step to the right, cross left behind right, step to the right, touch left next to right  
5-6      Step to the left, 1/4 turn left crossing right behind left  
7-8      Step to the left, hop on your left while bringing your right knee up.

### **SEC 4      STEP, TOE, STEP, KICK, HIP BUMPS (SWAY)**

1-2      Step right foot forward, tap left toe behind you on left  
3-4      Step on left foot, kick right foot forward  
5      Step right foot on the right side, bumping your hip to the right as you step  
6-7      Bump hips left, bump hips right  
8      Bump hips left so that weight is on left foot.

**REPEAT**      Have Fun.

**STYLING**      For counts 1-8 Section 1.  
Bend your arms at the elbows, make a fist, and keep your arms close to your sides as you make a forward circular motion with your fists, one full circle per count.

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