

CRUSH

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Music: "Crush" (download from walmart.com or other music store, or contact choreographers)
Artist: Jennifer Paige, Album: Jennifer Paige, Track #1
Phase: V+1+1 [Turkish Towel, Sentada]
Footwork: Opposite, directions for man except as noted (**W's in parentheses**)
Rhythm: Cha **Release Date:** September, 2007
Suggested Speed: As in original soundtrack (slow for comfort)
Sequence: Intro-A-B-Intld-A-B-Intld-C-B-B-Ending

MEAS

INTRO

1-8

**WAIT; WAIT; SLO SWAY L; SLO SWAY R; LADY'S SENTADA; SENTADA (2X)::
LADY ROLL (to CP/WALL);**

- 1-2 **[WAIT (2 MEAS)]** Crushed CP/M fcg WALL w/lead hnds jnd—lead ft free for both: wait 2 meas;;
- 3-4 **[SLOW SWAY L & R]** Sd L (**W sd R**) shifting momentum of the body towards the weighted ft causing a stretch of the body on the sd of the weighted ft w/slight LF rotation, -, -, -; sd R (**W sd L**) shifting momentum of the body towards the weighted ft causing a stretch of the body on the sd of the weighted ft w/slight RF rotation, -, -, -;
- 5 **[LADY'S SENTADA]** Sd L lower into the left knee & rotate LF to RSCP fcg DRW to create a chair for the W, -, -, - (**W sd R rotate LF, bk L under body "sitting" on M's left leg, flick right ft in front of left, put bk of left hnd to left sd of forehead as if swooning**);
- 6-7 **[SENTADA (2X)]** Sd & bk R, XLIB rotate RF, sd R to SCP fcg DLW lowering to form a chair for the W, - (**W fwd R trng RF to fc, cont trn sd L, complete trn bk R as if sitting on M's right leg, flick LIF maintain lead handhold, lean head bk as if swooning**); sd L, XRIB, sd & bk L rotating LF to RSCP fcg DRW, - (**W fwd L trng LF to fc, cont trn sd R, complete trn bk L, flick RIF, put bk of left hnd to the left sd of forehead as if swooning**);
- 8 **[LADY ROLL (to CP/WALL)]** Sd R raising lead hnds palm-to-palm, XLIB, sd R to fc ptr, - (**W rec R trng ½ RF by pushing off of jnd lead hnds, bk L cont trn ½ RF, fwd R trng ¼ RF to fc ptr, cl L**) end CP/WALL;

PART A (Cha)

1-16

**½ BASIC (to); NAT TOP; X BODY (hndshk):: SHADOW NEW YORKER;
UNDERARM (to) TURKISH TOWEL;;; LADY ROLL & CHA (to SHADOW/COH);
SHADOW FENCELINE (2X):: SPOT TRN (LADY to FC); SIT LINE; UNDRARM TRN;
NEW YORKER; WHIP & TWRL (to hndshk);**

- 1 **[½ BASIC]** Fwd L, rec R comm RF rotation, sd L/cl R cont trng RF, sd L (**W bk R, rec L comm RF rotation, sd R/cl L cont trng RF, sd R**) end CP/RLOD;
- 2 **[NAT TOP]** XRIB trng RF, sd L cont trn, XRIB/sd L cont trn, sd R cont trn (**W sd L trng RF, XRIF cont trn, sd L/XRIF cont trn, sd L cont trn**) end CP/WALL;
- 3-4 **[CROSS BODY]** Fwd L, rec R trng LF with ft trnd about ¼ and body trnd about 1/8, sd L/cl R, sd L (**W bk R, rec L, fwd R/cl L, fwd R twd M staying on right sd ending in an L-shaped pos**); bk R bhd L cont LF trn, rec L, sd R/cl L, sd R (**W fwd L comm to trn left, fwd R trng ½ LF, sd L/cl R, sd & bk L**) to hndshk fc COH;
- 5 **[SHADOW NEW YORKER]** Trn & step thru L (**W step thru R**) with straight leg trn to a sd-by-sd pos, rec R (**W rec L**) to fc ptr, sd L/cl R, sd L (**W sd R/cl L, sd R**) retain hndshk;
- 6-8 **[UNDERARM (to) TURKISH TOWEL]** Bk R, rec L, sd R/cl L, sd R (**W XLIF trng RF under jnd hnds, fwd R cont trn, fwd L/R, L around M to end in back of and to his left sd jn left hnds**) jn left hnds to end M's L Varsou pos; chk bk L, rec R, sd L/cl R, sd L now to W's left sd (**W chk fwd R, rec L, sd R/cl L, sd R to M's right sd**); ck bk R, rec L, sd R/cl L, sd R now to W's right sd (**W chk fwd L, rec R, sd L/cl R, sd L to M's left sd**) end L Varsou fcg COH;
- 9 **[LADY ROLL & CHA (to SHADOW/COH)]** Fwd L leading W to step fwd twd COH & releasing hnds, rec R, sd L/cl R, sd L (**W fwd R trng ½ RF, bk L cont trn ½ RF to fc COH, sd R/cl L sd R**) end shadow pos both fcg COH;

Part A (continued)

- 10-11 **[SHADOW FENCELINE (2X)]** Cross lunge R (W cross lunge L) with bent knee looking in the dir of lunge, rec L (W rec R), sd R/cl L, sd R (W sd L/cl R, sd L); cross lunge L (W cross lunge R) with bent knee looking in the dir of lunge, rec R (W rec L), sd L/cl R, sd L (W sd R/cl L, sd R) still in shadow pos fcg COH;
- 12 **[SPOT TRN (LADY to FC)]** Comm trn XRIF trng on crossing ft ½ (W XLIF 1/2 to fc M and WALL), rec L complete trn to fc ptr (W sd R with no trn), sd R/cl L sd R (W sd L/cl R sd L) now fcg ptr and COH;
- 13 **[SIT LINE]** Small bk L relax knee leave R leg extended free arm up and slight fwd body poise, rec R, sd L/cl R, sd L (W small step bk R relax knee leave L leg extended free arm up and slight fwd body poise, rec L, sd R/cl L, sd R);
- 14 **[UNDERARM TRN]** Comm trn under jnd lead hnds XRIF trng on crossing foot ½, rec L complete trn to fc ptr, sd R/cl L, sd R (W comm trn XLIF trng on crossing foot ½, rec R complete trn to fc ptr, sd L/cl R, sd L);
- 15 **[NEW YORKER]** Commence trn & step thru L with straight leg trng to a sd-by-sd pos, rec R to fc ptr, sd L/cl R, sd L (W commence trn & step thru R with straight leg trng to a sd-by-sd pos, rec L to fc ptr, sd R/cl L, sd R);
- 16 **[WHIP & TWRL]** Bk R trng ¼ LF, rec fwd L trng ¼ LF, sd R/cl L, sd R (W fwd L outsd M on his left sd, fwd R trng ½ LF under M's L & W's R hnds twrl one full LF trn sd & fwd L/sd R, sd L) to end hndshk fcg WALL;

PART B (Cha)

1-8

FLIRT;; LAY BK & SLIDE ACROSS; ROLL OFF THE ARM; FWD BASIC; CHASE THE LADY;; BK BASIC W/ATTITUDE;

- 1-2 **[FLIRT]** Fwd L, rec R, sd L/cl R, sd L (W rk bk R, rec L trng LF, cont trn to varsou pos sd R/cl L, sd R); bk R rec L, sd R/cl L, sd R drop left handhold plc left hnd at W's left waist (W rk bk L, rec R, sd L/cl R, sd L moving to her left in front of M to left varsou pos releasing left hnds) both fcg WALL;
- 3 **[LAY BK & SLIDE ACROSS]** Fwd L shaping to ptr with left arm across W's bk at waist level to chk her movement, rec R, sd L/cl R, sd L (W bk R leaning bk and slightly to the left putting bk of left hnd to the left side of the forehead as if about to faint, rec L, sd R/cl L, sd R moving to her right in front of M to right Varsou pos) both still fcg WALL;
- 4 **[ROLL OFF THE ARM]** jn right hnds at W's waist with M's right and W's left hip tog firmly wheel 2 trng ½ RF fwd R, fwd L, 3 small steps trng ½ RF fwd R/cl L fwd R (W wheel 2 trng ½ RF bk L, bk R, SIP comm RF trn L/R, fwd L completing 1 full RF trn rolling out of the M's arm on last 3 steps) end BFLY pos M fcg ptr and WALL;
- 5 **[FWD BASIC]** Fwd L, rec R, bk L/cl R, bk L (W bk R, rec L, fwd R/cl L, fwd R);
- 6-7 **[CHASE THE LADY]** Bk R, rec L, fwd R/cl L, fwd R (W fwd L comm RF trn 1/2, rec fwd R, fwd L/cl R, fwd L); fwd L, rec R, bk L/cl R, bk L (W fwd R comm LF trn 1/2, rec fwd L, fwd R/cl L, fwd R) end fcg ptr and WALL
- 8 **[BK BASIC W/ATTITUDE]** Bk R, rec L, fwd R/cl L, fwd R (W fwd L trng head to the right bringing left hnd bhd left ear and flicking right ft in bk of left foot with "attitude", rec R, bk L/cl R, bk L) end BFLY/WALL;

INTERLUDE (Rumba)

1-4

NEW YORKER; THRU SERPIENTE;; NEW YORKER;

- 1 **[NEW YORKER]** Commence trn & step thru L with straight leg trng to a sd-by-sd pos, rec R to fc ptr, sd L (W commence trn & step thru R with straight leg trng to a sd-by-sd pos, rec L to fc ptr, sd R);
- 2-3 **[THRU SERPIENTE]** Thru R, sd L, bhd R, fan L CCW (W thru L, sd R, bhd L, fan R CW); bhd L, sd R, thru L, fan R CCW (W bhd R, sd L, thru R, fan L CW);
- 4 **[NEW YORKER]** Comm trn & step thru R with straight leg trng to a sd-by-sd pos, rec L to fc ptr, sd R (W comm trn & step thru L with straight leg trng to a sd-by-sd pos, rec R to fc ptr, sd L) end CP fcg WALL;

PART C

- 1-8** **SLO APT PT; LADY SPIN (to CRUSHED CP); SLO SWAY L; SLO SWAY R; LADY'S SENTADA; SENTADA (2X);; LADY ROLL (to hndshk);**
- 1 [SLO APT PT] Step apt L (W apt R), -, pt R (W pt L) twd ptr, -;
 - 2 [LADY SPIN (to CRUSHED CP)] Tog R, -, tch L to right trng to fc ptr, - (W comm LF spin SIP L, R, L, to fc ptr -) end in crushed CP fcg WALL;
 - 3-4 [SLO SWAY L & R] Repeat meas 3-4 of Intro
 - 5 [LADY'S SENTADA] Repeat meas 5 of Intro
 - 6-7 [SENTADA (2X)] Repeat meas 6-7 of Intro
 - 8 [LADY ROLL (to hndshk)] Repeat meas 8 of Intro to end fcg WALL in hndshk;

ENDING (Cha)

- 1-6** **NEW YORKER (2X) (hndshk);; ROLL OFF THE ARM;; WRAP; LUNGE & HOLD (LOOK AT PTR);**
- 1-2 [NEW YORKER (2X)] Commence trn & step thru L with straight leg trng to a sd-by-sd pos, rec R to fc ptr, sd L/cl R, sd L (W commence trn & step thru R with straight leg trng to a sd-by-sd pos, rec L to fc ptr, sd R/cl L, sd R); commence trn & step thru R with straight leg trng to a sd-by-sd pos, rec L to fc ptr, sd R/cl L, sd R (W commence trn & step thru L with straight leg trng to a sd-by-sd pos, rec R to fc ptr, sd L/cl R, sd L) end in hndshk fcg WALL;
 - 3-4 [ROLL OFF THE ARM] With right hnds jnd step bk L, rec R, 3 small steps trng 1/4 RF fwd L/fwd R, fwd L leading W into the crook of M's right arm (W bk R, rec L, 3 steps trng 1/4 LF fwd R/fwd L, fwd R end fcg same dir as M); maintaining jnd right hnds wheel 2 trng 1/2 RF fwd R, fwd L, 3 small steps trng 1/4 RF fwd R/cl L fwd R (W wheel 2 trng 1/2 RF bk L, bk R, SIP comm RF trn L/R, fwd L completing 1 full RF trn rolling out of the M's arm on last 3 steps) end M fcg ptr and WALL;
 - 5 [WRAP] Fwd L jn lead hnds at waist level, rec R lead W to make a LF trn to fc the same dir as M by wrapping the W's left arm in front of her waist and placing right arm bhd her waist, SIP L/R/L (W bk R, rec L trn LF to wrap pos, SIP R/L/R) jn free outsd hnds loosely in front at chest height;
 - 6 [LUNGE & HOLD] Lunge sd R (W sd L) shaping and looking at ptr/hold;

CRUSH

[Turkish Towel; Sentada]

Phase: V+1+1

Rhythm: Cha

Choreographer: Mary Trankel & Don Gilder

RPM: Slow f/comfort

INTRO: [Crushed CP/M fcg WALL w/lead hnds jnd—lead ft free
f/both]: WAIT; WAIT; slo sway L; sway R; sentada (3x);;
Lady roll (to) CP;

PART A: [Cha] ½ basic (to); nat top; X body (to hndshk);;
shadow new yorker; underarm (to) Turkish towel;;;
Lady roll & cha (shadow COH); shadow fenceline (2x);;
spot trn/Lady (to fc); sit line; underarm trn; new yorker;
whip & twrl (to hndshk);

PART B: [Cha] Flirt;; lay bk & slide across; roll off the arm; fwd basic;
chase the Lady;; bk basic w/attitude (BFLY);

INTRLD: [Rumba] New yorker; thru serpiente;; new yorker;

PART A: [Cha] ½ basic (to); nat top; X body (to hndshk);;
shadow new yorker; underarm (to) Turkish towel;;;
Lady roll & cha (shadow COH); shadow fenceline (2x);;
spot trn/Lady (to fc); sit line; underarm trn; new yorker;
whip & twrl (to hndshk);

PART B: [Cha] Flirt;; lay bk & slide across; roll off the arm; fwd basic;
chase the Lady;; bk basic w/attitude (BFLY);

INTRLD: [Rumba] New yorker; thru serpiente;; new yorker;

PART C: Slo apt pt; Lady spin (crushed CP/lead hnds jnd);
slo sway L; sway R; sentada (3x);;
Lady roll (to) hndshk;

PART B: [Cha] Flirt;; lay bk & slide across; roll off the arm; fwd basic;
chase the Lady;; bk basic w/attitude (hndshk);

PART B: [Cha] Flirt;; lay bk & slide across; roll off the arm; fwd basic;
chase the Lady;; bk basic w/attitude;

ENDING: [Cha] New yorker (2x) (hndshk);; roll off the arm;;
wrap; lunge & hold/look at ptr;

6 August 2007