

Not A Criminal

COPPER KNOB
STEP SHEETS

拍數: 0 牆數: 2 級數: Phrased Advanced
編舞者: Niels Poulsen (DK) - December 2008
音樂: Not A Criminal (Remix) (feat. Snoop Dog & Busta Rhymes) - Chamillionaire :
(CD: Ultimate Victory)



Intro: 16 counts from first beat (app. 10 secs into track). Start with weight on L foot.

Phrasing: A, A, B*, B, B*, B, B*, B, B, A

*3 RESTARTS:

First restart DURING 1st B AFTER 16 counts, facing 12:00.

Second restart DURING 3rd B AFTER 16 counts, facing 6:00.

Third restart DURING 5th B AFTER 48 counts, facing 12:00

A SECTION (GO LOW!!!)

(1 – 8) Fw R, L Heel Touch Fw, Back L, Bend And Point R Back, Cross R Over L, Together L, Side & Down R, Up And Together L

- 1–2 Step fw R, touch L heel fw [12:00]
- 3–4 Step back on L, bend in L knee pointing R foot towards 4:30 (body angled to 10:30) [10:30]
- 5–6 Return to normal level stepping fw on R, bring L next to R squaring body up to 12:00 [12:00]
- 7–8 Take big step R bending in R knee, bring L next to R raising body to normal level [12:00]

(9 – 16) Back On R Knee, Sweep L Leg Back, Change Knee, Fw R, Up And Out, Look, Chugs

- 1–2 Sit back on R knee, sweep L leg anti-clockwise and backwards [12:00]
- 3–4 Change weight to L knee (next to R knee), still on L knee move R foot fw a]nd step on it (still sat down) [12:00]
- 8&5&6 Jump up and step out L, step out R, look L, look fw [12:00]
- 7–8 Bending slightly in knees chug both feet fw, repeat chug (ending with weight on L)

Styling: when chugging fw make 'Wassup arms' moving up/down on 7&8&. Reason: trying to appear innocent not being a criminal... (Wassup-arms: both arms out to sides and up, shaped almost like a V) [12:00]

NOTE!!! Easy option for counts 1-5: step back on R bending R knee (1), point L to L side (2), cross L behind R (3), point R to R side (4), close R next to L (&), step L out to L side (5). OBS!!!: Every time they sing LOW you go low... (counts 4, 7, sometimes on 1) [12:00]

B SECTION

(1–8) Walk R L, R Mambo Drag, Hold, Ball Step, L Mambo ½ L, Fw R

- 1–2 Walk fw R, walk fw L [12:00]
- 3&4 Rock fw R, recover L, make big step back on R dragging L heel backwards [12:00]
- 5&6 Hold (keep dragging L heel...), step L next to R, step fw on R [12:00]
- 7&8& Rock fw on L, recover weight to R, turn ½ L stepping fw on L, step R small step fw [6:00]

(9–16) L Behind, Full Unwind L, Bouncy Cross Rocks R And L, Step ½ Turn Step

- 1–2 Cross touch L behind R, jump and unwind full turn L on L sweep kicking R around [6:00]
- 3&4& Cross R over L, recover L, make small jump on L, step R to R side [6:00]
- 5&6 Cross jump L over R flicking R foot behind L, recover R, side step L [6:00]
- 7&8& Step fw on R, turn ½ L (weight L), step fw R, step fw on L

* Restarts on 1st/3rd wall 12:00

NOTE: Easier option for counts 3-6. Do 2 cross rock sides: (3 & 4) cross rock R over L, recover L, step R to R side, (5 & 6) cross rock L over R, recover R, step L to L side

(17–24) Walk Fw R, ¼ L, R Rocking Chair, Out R L, Arms & R Side Kick

- 1–2 Make big step fw on R, turn ¼ L stepping fw on L [9:00]
- 3&4& Rock fw on R, recover L, rock back on R, recover weight to L [9:00]

- 5-6 Roll R knee from L to R stepping R to R side, repeat with L (weight even) [9:00]
 7&8 Touch L shoulder with R hand leaving L arm straightened down L side of body and L hand fisted, touch R shoulder with R hand bending slightly in both knees, straighten both legs and kick R foot to R side (flexed) and punch R hand to R side as L arm goes up (in front of chest) bent at elbow [9:00]

(25-32) Jump Kicks Back And Fw, L Coaster, 1/8 L, ¼ L, Cross Rock Side Cross

- 1-2 Turn 1/8 R jumping back on R (towards 4:30) and at the same time kicking L back, jump back on R kicking L towards R 10:30 [10:30]
 3&4 Step back on L, bring R next to L, step fw on L [10:30]
 5-6 Turn 1/8 L stepping R to R side, turn ¼ L stepping L to L side [6:00]
 7&8& Cross rock R over L, recover L, step R to R side, cross L over R [6:00]

(33-40) R Side Jump Apart, Jump Split, Arms, Out R & Pop, Back Rock Side L

- 1-2 Jump R to R side landing feet apart and bending both knees, jump slightly off the ground stepping R fw and L back – weight R (leaving upper body bent fw) [6:00]
 3&4 Bounce rock back, bounce rock fw, bounce rock back (weight L). Arm styling: Starting with both arms next to side of body: flex R arm upwards, return R arm to side of body and flex L arm upwards, flex R arm upwards and return L arm to side of body. As you bounce work upper body up to neutral position [6:00]
 5&6 Step R back and out (feet apart/weight even), pop both knees fw, step down on feet again... Optional Styling: (&) to make your knees pop forward grab your jeans/skirt/etc at thigh level and pull up in your clothes to make your knees pop forward, (6) let go of clothes... Weight should be on R foot [6:00]
 7&8 Rock back on L, recover R, step L to L side [6:00]

(41-48) Full Turn Jumps R And L, Fw R, ½ R Stepping L Back, Back R, L Coaster

- 1&2 Jump ½ R on L foot, repeat, jump out out on both feet bending in both knees [6:00]
 3&4 Jump ½ L on R, repeat, jump out out on both feet bending in both knees [6:00]
 5-6 Changing weight to L step fw R, turn ½ R stepping back on L [12:00]
 7&8& Step back on R, step back on L, close R next to L, step fw on L

Restart on 5th wall 12:00

(49-56) Walk Fw R, ½ R, ½ Turn R With L Kick, Weave Point, ¼ L & Bouncy Rocks

- 1-2 walk fw R, turn ½ R stepping back on L [6:00]
 3&4 Turn ¼ R stepping R to R side, step L next to R, turn ¼ R on R and kick L fw [12:00]
 5&6 Cross L over R, step R to R side, cross point L back towards 4:30. Arm styling: throw both arms to R side on count 4. Look to R side... [12:00]
 7&8 Turn ¼ L stepping fw on L, rock R to R side, recover L. Arm styling: circle/throw arms to L R and forward as if you're stirring a big pot with a big spoon... [9:00]

(57-64) R Heel Touch, Back R, Sailor ¼ L Out Out, Bend Over/Pull Up, Out Out In In

- 1-2 Touch R heel fw, step back on R [9:00]
 3&4 Cross L behind R turning ¼ L on R, step R out to R side, step L out to L side [6:00]
 5-6 Bend over to get ready to pull a string from the floor using your R hand, pull it up and jump feet together (weight L) [6:00]
 7&8& Step R diagonally fw, step L diagonally fw, bring R back to centre, bring L next to R [6:00]

Begin Again!
