Count: 32
Wall: 2
Level: Intermediate
Choreographer: Michael Lynn (UK) - September 2008
Music: Crazy Days - Adam Gregory
or: Damaged - Danity Kane : (Album: Welcome To The Dollhouse)


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## JAZZ BOX $1 / 4$ TURN RIGHT, LEFT KICK BALL CHANGE, STEP

1-2 Cross step right over left, step back on left,
3-4 Step right to right side making a $1 / 4$ turn right, touch left beside right,
5\&6 Kick left forward, step left beside right, step right in place,
7
Step forward left.
KITCHEN STEP, STEP, ROCK RECOVER, FULL TURN BACKWARDS, SAILOR ½ TURN LEFT
8\&1 Hitch right knee, step right beside left, step forward left,
2-3 Step forward right, rock forward left,
4-5 Recover right, (over left shoulder) make $1 / 2$ turn left stepping forward on left,
$6 \quad$ Continue another $1 / 2$ turn left stepping back on right (12)
$7 \& 8 \quad$ Sweep left foot behind right, right foot $1 / 2$ turn left, step left to place.
NOTE: Kitchen step is just the name I use at my class for a hitch \& step :o)
STEP- HIPBUMPS, JUMP TOGETHER, TOE-TOUCHES
1-2-3 Step forward right (keeping weight on left), bump hips $\times 3$,
4 Small jump together,
5-6 Touch right toe forward, step right beside left,
7-8 Touch left toe forward, step left beside right.
ALT STYLING: If you are using the POP track you can add some funkyness to the above steps.
Counts 1-3; Step forward right (keeping weight on left), body shake over 3 counts,
Count 4; Jump both feet together, swing both wrists across chest,
Counts 5-6; Step forward right (pop shoulders), step right beside left,
Counts 7-8; Step forward left (pop shoulders), step left beside right.
RIGHT ROCK RECOVER, $1 / 4$ TURNING SHUFFLE RIGHT, LEFT HEEL GRIND $1 / 4$ TURN, TOGETHER, HEEL SWIVEL $1 / 4$ TURN
1-2 Rock forward right, recover left,
$3 \& 4$ Step right $1 / 4$ right, close left beside right, step right to right side,
5-6 Touch left heel forward, grind $1 / 4$ left taking weight onto right,
7-8 Step left beside right, swivel heels right making a $1 / 4$ turn right (keeping weight on left).
ALT: Counts $3 \& 4$ can be replaced with: Triple step 1\& $1 / 4$ turn right, stepping - right, left, right.


[^0]:    Music 1: 16 count intro
    Music 2: 32 count intro - An extremely funky \& lively track, the alt styling adds a totally different spin on the dance.

