拍数： 0
堷数： 2
级数：Phrased Advanced
编舞者：Niels Poulsen（DK）－December 2008
音乐：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 to10：30）［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］
\＆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 $1 / 2$ 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 $1 / 2 L$ 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 $1 / 2$ 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 $1 / 2 \mathrm{~L}$（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 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, 1/4 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 $1 / 4 L$ 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, $1 / 2$ R Stepping L Back, Back R, L Coaster
1\&2 Jump $1 / 2 R$ on $L$ foot, repeat, jump out out on both feet bending in both knees [6:00]
3\&4 Jump $1 / 2 L$ 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 $1 / 2 R$ 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, $1 / 2$ R, $1 / 2$ Turn R With L Kick, Weave Point, $1 / 4$ L \& Bouncy Rocks
1-2 walk fw $R$, turn $1 / 2 R$ stepping back on $L$ [6:00]
3\&4 Turn $1 / 4 R$ stepping $R$ to $R$ side, step $L$ next to $R$, turn $1 / 4 R$ 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]
$7 \& 8 \quad$ Turn $1 / 4 \mathrm{~L}$ 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 $1 / 4$ 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 $1 / 4 L$ 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!

