

Not A Criminal

Choreographer: Niels B. Poulsen (Denmark)

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Type of dance: 2 wall Funky AB-Dance. A: 16 counts, B: 64 counts
 Level: Advanced
 Phrasing: A, A, B*, B, B*, B, B*, B, B, A
 Music: **'Not A Criminal'** (remix) by Chamillionaire feat. Snoop Dog and Busta Rhymes (from album: *Ultimate Victory*).
 * 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
 Intro: 16 counts from first beat (app. 10 secs into track). Start with weight on L foot.

A SECTION (GO LOW!!!)

Counts	Footwork	End facing
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 and 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) <i>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)</i>	12:00
NOTE!!!	<i>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)</i>	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:	<i>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</i>	

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, roll L knee from R to L stepping L to L side (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 diagonally R (towards 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	Jump feet apart, jump split, arms, out R & pop, back rock side L	
1 – 2	Jump feet apart (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). <i>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</i>	6:00
5 & 6	Step R back and out (feet apart/weight even), pop both knees fw, step down on feet again (weight on R). <i>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...</i>	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 foot, 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, shuffle ½ 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. <i>Arm styling: (6) throw both arms to R side looking to R side...</i>	12:00
7 & 8	Turn ¼ L stepping fw on L, rock R to R side, recover L. <i>Arm styling: circle/throw arms to L R and forward (on 7&8) as if you're stirring a big pot with a big spoon...</i>	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
	<i>Begin again!...</i>	