**CRUSH**

Choreo: Mary Trankel & Don Gilder, 5306 Talisman Ct, Missoula MT 59803 (406) 251-2127  
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–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, XРИB,  
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, fwr 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] XРИB trng RF, sd L cont trn, XРИB/sd L cont trn, sd R cont trn (W sd L trng  
RF, XРИF cont trn, sd L/XРИF 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, fwr R/cl L, fwr 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,  
fwr 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 XЛИФ trng RF  
under jnd hnds, fwr R cont trn, fwr L/R, L around M to end in back of and to his left sd  
jin 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 fwr sd, rec L, fwr L/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 fwr 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 fwr 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;
CRUSH, Page 2

**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 L (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  

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;
CRUSH, Page 3

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 outsdt 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]

<table>
<thead>
<tr>
<th>Phase:</th>
<th>V+1+1</th>
<th>Rhythm:</th>
<th>Cha</th>
<th>RPM:</th>
<th>Slow f/comfort</th>
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</table>

**Choreographer:** Mary Trankel & Don Gilder

**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