

**GIRL CRUSH**

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**Music:** Girl Crush by Little Big town  
Available at Amazon.com or I-tunes. **Time:** 3:13 @ 45rpm

**Footwork:** Opposite except where noted (W's footwork in parentheses)

**Rhythm:** Slow Two Step

**RAL Phase:** IV+1 (Triple Traveler) +1 Unphased (Tunnel Exit)

**Speed:** As downloaded **Degree of Difficulty:** Average

**Sequence:** Intro, A, B, C, A, B, D, End

**INTRO**

**1-4 WAIT; ; SD DRAW TCH L & R; ;**  
1-4 {WAIT} In CP M fcg ptr & WALL Wait; Wait;  
{SD DRAW TCH L & R} Sd L, -, draw R to L, -; Sd R, -, draw L to R, -;

**PART A**

**1-4 BASIC; ; UNDRM TRN; BAS ENDNG;**  
1-2 {BASIC} Sd L, -, XRIBL (XLIBR), rec L; Sd R, -, XLIBR (XRIBL), rec R;  
3-4 {UNDRM TRN} Sd L comm ldng W undr jnd lead hnds, -, XRIBL, rec L (Sd R comm to trn RF undr jnd lead hnds, -, XLIFR to LOD cont trn RF ½, rec fwd on R comp trn to fc ptr);  
{BAS ENDNG} Sd R, -, XLIBR (XRIBL), rec on R;

**5-8 LUNGE BASIC 2X; ; RIGHT TURN w/OUTSIDE ROLL; BAS ENDNG;**  
5-6 {LUNGE BASIC 2X} Blending to BLY Sd L w/slight lunge action, -, rec R, XLIF (XRIF); Sd R w/slight lunge action, -, rec L, XRIF (XLIF);  
7-8 {RIGHT TRN w/OUTSIDE ROLL} Crossng in front of W sd & bk L to fc RLOD, -, sd & bk R almost crossing in bk trng ¼ RF ldg W undr jnd ld hnds, XLIFR to fc ptr & COH (Fwd R comm RF twrl undr ld hnds, -, fwd L, fwd & sd R to fc ptr & WALL);  
{BAS ENDNG} Repeat Part A meas 4:

**9-12 BASIC; ; UNDRM TRN; BAS ENDNG;**  
9-12 Repeat Part A meas. 1-4; ; ;

**13-15 LUNGE BASIC 2X; ; RIGHT TURN w/OUTSIDE ROLL; BAS ENDNG TO PU;**  
5-8 Repeat PART A meas. 5-7 to fc WALL; ; ; Sd R, -, XLIB, rec on R leadng W to trn LF in front of M (Sd L, -, XRIB, fwd L trng LF in front of M);

**PART B**

**1-4 TRIPLE TRAVELER; ; ; BASIC ENDNG;**  
1-4 {TRIPLE TRAVELER} Fwd L comm LF upper bdy trn to ld W to M's L sd raising ld hnds to start W into L trn, -, fwd R, fwd L (Bk R trn ¼ L, -, cont trn sd & fwd L trng ½ undr jnd ld hnds, sd & fwd R cont trn to fc LOD); Fwd R sprl LF undr jnd hnds, -, fwd L, fwd R (Fwd L, -, R, L); Fwd L bring jnd hnds down &

bk in a continuous circ motion to ld W into a RF trn, -, fwd & sd R to fc ptr, XLIFR (Fwd R comm RF trn, -, sd L cont RF trn undr ld hnds, fwd R to fc ptr); {BASIC ENDING}Sd R, -, XLIBR (XRIBL), rec R;

**5-8 SD BASIC; REV UA TRN TO WRAPPED RLOD; SWEETHRT RUNS 2X TO PU; ;**

5-6 {SD BASIC}Sd L, -, XRIBL (XLIBR), rec L ;  
{REV UA TRN TO WRAPPED RLOD}Sd R retaining dbl hndhold, -, XLIFR, rec R trng ¼ LF (Sd L comm LF trn undr jnd ld hnds, -, X R ovr L cont trng LF, rec fwd on L comp ¾ trn) to wrapped RLOD;

7-8 {SWEETHEART RUNS 2X TO PU} Fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R leadng W to turn LF in front of M (Fwd L, -, fwd R, fwd L trng LF in front of M);

**9-12 TRIPLE TRAVELER RLOD; ; ; BASIC ENDNG;**

9-12 Repeat PART B meas.1-3 to RLOD; ; ; Repeat PART B meas 4;

**13-16 SD BASIC; REV UA TRN TO WRAPPED LOD; SWEETHRT RUNS 2X TO FC WALL; ;**

13-14 Repeat PART B meas. 5; Repeat PART B meas 6 to Wrapped LOD;

15-16 Repeat PART B meas 7; Fwd R, -, fwd L, fwd R trng to fc ptr & WALL;

**PART C**

**1-8 OPEN BASICS; ; SWITCHES; ; OP BASICS; ; SWITCHES; ;**

1-4 {OPEN BASICS}Stp sd L & op bdy to 1/2 LOP RLOD, -, XRIBL (XLIBR), rec L to end fcg ptr ; Stp sd R & op bdy to 1/2 OP LOD, -, XLIBR (XRIBL), rec R staying in 1/2 OP LOD;  
{SWITCHES}Cross in front of W sd L to 1/2 OP LOD, -, fwd R, fwd L (Fwd R, -, fwd L, fwd R); Fwd R, -, fwd L, fwd R (Cross in front of M sd L to 1/2 OP LOD, -, fwd R, fwd L);

5-8 Repeat PART C meas. 1-4; ; ;

**PART D**

**1-8 OPEN BASICS PCKNG UP TO LOW BFLY; ; TRAVELING CROSS CHASSES 4X TO WALL; ; ; ; BASIC TO PU; ;**

1-2 {OP BASICS PCKNG UP} Stp sd L & op bdy to 1/2 LOP RLOD, -, XRIBL, rec L to end fcg ptr; Stp sd R & op bdy to 1/2 OP LOD, -, XLIBR, rec R ldng W in front of M (Stp sd L, -, XRIBL, fwd L trng LF in front of M) to LOW BFLY;

3-4 {TRAVELING CROSS CHASSES}Sd & fwd L trng LF twd DLC w/R shldr ld bth hnds jnd going down & in to hip level, -, sd R twd DLW, XLIFR (XRIFL); Sd & fwd R trng RF twd DLW w/L shldr ld, -, sd L twd DLC, XRIFL (XLIFR);

5-6 Repeat PART D meas 3-4 to fc WALL; ;

7-8 {BASIC TO PU} Sd L, -, XRIBL (XLIBR), rec L; Sd R, -, XLIBR (XRIBL), rec R ldng W to trn LF in front of M (fwd L trng LF in front of M);

**ENDING**

**1-8 TRIPLE TRAVELER; ; ; TUNNEL EXIT RLOD; OUTSIDE ROLL; BASIC ENDNG; SD TO PROM SWAY; CHG TO OVERSWAY;**

- 1-4 Repeat Part B meas. 1-3; ; ;  
{TUNNEL EXIT}Fwd R chng leadng W around in front to wall, -, rec L, fwd R  
trng LF fc RLOD jnd hnds over M's head (Fwd L around M, -, fwd R, fwd L) to  
LOP fc RLOD;
- 5-8 {OUTSIDE ROLL}Fwd L bringing jnd hnds down & bk, -, fwd R, fwd L  
bringing hnds up & around leadng W to roll RF (Fwd R comm RF trn, -, sd & bk  
L trng RF under jnd hnds, cont RF trn fwd R);  
{BASIC ENDNG} Blendng to CP sd R, -, XLIB (XRIB), rec R;  
{SD TO PROM SWAY} Sd & fwd L trng to SCP & stretching L sd of bdy  
slightly upward to look over jnd lead hnds, -, -, -;  
{CHANGE TO OVERSWAY}Relax L knee while leaving R leg extended &  
stretching L sd of bdy looking to R over W's head (Relax R knee leaving L leg  
extended & stretching R sd looking well to the L), -, -, -;