

## Creative K-Os

32 count, 4 wall, beginner/intermediate level  
Choreographer: Celeste Sali (Canada) Nov 2004  
Choreographed to: Crabbuckit by K-os, Album: Joyful  
Rebellion; Heaven by Los Lonely Boys (not phrased);  
Another Postcard by Barenaked Ladies

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Intro:32 (On Lyrics... 'took a trip...')

### **POINT BALL STEP, LOCK STEP FORWARD, STEP, 1/2 PIVOT, 1/2 PIVOT, COASTER STEP**

- 1&2 Point left toe forward, ball/step left foot back beside right, step right foot forward.  
3&4 Step left foot forward, right foot lock/step up behind left, step left foot forward.  
5&6 Step right foot forward, pivot 1/2 turn left on left foot, pivot 1/2 turn left on left stepping back on right foot. (12:00)  
7&8 Step left foot back, step right foot back beside left foot, step left foot forward.  
OPTIONAL: Easy steps... 5,6,7,8 Step right forward, 1/2 pivot, step right forward, 1/2 pivot.

### **SYNCPATED POINT & PLACE, STEP FORWARD, 1/4 PIVOT, STEP TOGETHER, POINT RIGHT**

- 1&2& Point right toe to right, step right beside left, point left toe to left, step left beside right.  
3&4& Point right toe to right, step right beside left, point left toe to left, step left beside right.  
5-6 Step right foot forward, 1/4 pivot to left on left. (weight on left) (9:00)  
7&8 Step right foot behind left foot, step left foot to left side, point right toe to right side.

### **SIDE BODY ROLL, SHOULDER SHRUGS, KICK BALL CROSS, & CROSS, STEP, POINT**

- 1-2 Right side body roll: Roll head, shoulders, hips to right side. (weight on right foot, left foot pointing to left side & right shoulder up higher than left)  
3&4 Raise left shoulder up (drop right down), Raise right shoulder up. (drop left down), Raise left shoulder up (drop right down).  
\*\*\*\*\* (Weight on left foot, left knee slightly bent and right leg straight out to right side)  
5&6 Kick right foot over left, ball/step right foot to right side, cross/step left foot over front of right.  
&7 Step right foot to right side, cross/step left over front of right.  
&8 Step right foot to right side, point left toe to left side.  
OPTIONAL: Easy steps... 7,8 Big step right to right side, touch left toe to left side

### **WALK, WALK, FORWARD LOCKING COASTER, STEP BACK 1/2 PIVOT, STEP FORWARD 1/2 PIVOT, STEP TOGETHER.**

- 1-2 Walking forward: stepping left foot across front of right, step right across front of left.  
3&4 Step left foot forward (body angled diagonal right), lock/step right up behind left foot, step left foot back across front of right.  
5-6 Step right foot back, pivot 1/2 turn left on right foot – weight on left. (3:00)  
7&8 Step right foot forward, pivot 1/2 turn left on left foot, step right foot beside left foot.  
OPTIONAL: Easy steps...  
5,6 Step back on right, step back on left. 7&8 Step left foot back, step right back beside left, step left forward.
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