

Cross Crawl for Fun and Brain-Body Integration

Criss Cross Oh My Gosh Choreography

Music by Dan Devon, Lyrics and Choreography by Michelle Greenwell

Criss Cross Oh my Gosh, That's the way to do the body talk – (begin with a step right and then a toe touch forward with the left, repeat opposite. This can be expanded to a step right and toe touch by crossing the left foot in front of the right foot. This can be also done as a step right and toe touch by crossing the left foot behind the right foot. As the skills develop these different dimensions of movement can be introduced and mixed into the simple step. Arms can be swung out to the sides and crossing in front of the body as well, moving the shoulder seams open and closed to link brain and body communication).

Criss Cross Oh my Gosh, That's the way to do the body talk – continue with pattern above

Let's March, Right, Left, Up, Down. – March with the feet, right, left, and swing the arms forward and back. Pick the knees up high and swing the arms so the shoulder seams are moving, not just the elbows bending.

Build your energy with dancing fun, March, March, March...

March your feet and come along

Right, Left, Hup Right, Left, Hup Right, Left

Left, Right, Hup Left, Right, Hup Left, Right

Right, Left, Hup, Right, Left, Hup Right, Left

Left, Right, Hup, Left, Right, Hup Left, Right – This coordinates opposition as well as side dimension. March right, left, then tap the right ankle on the side of the foot with the right hand on the word “Hup” calling this out loud as a release of emotion. Repeat with the left foot starting, and then alternate as the words do. This can be a challenge to coordinate, so it can be broken down into small parts and gradually worked up to this coordination of changing right and left sides as the lead.

Let's find some energy for dancing fun.

Clap your hands on the opposite knee, Clap, Clap, Clap, Clap – Clap the hands together first, then tap hands right, left, right, left on the left knee saying “Clap, Da, Da, Dada, Da” as you do so. Repeat on the other leg, and repeat another set as well. The vocalizations are stimulating the roof of the mouth where there is a linking of energy centers for the body. This will open and connect many pathways in the body.

Let's find some energy for our brains.

Touch your nose, and cross your hands

Switch, Switch, Switch, Switch – touch the tip of your nose with your right hand, and cross your left hand over the right and touch the right ear. Swing the hands around to change places to the left side. Repeat another set.

Add a Twist, Twist, Twist, Twist – twist the body from side to side swinging the heels right and left, use the arms for momentum with swinging as well with the nose and ear touch.

Criss Cross Oh my Gosh

That's the Way to do the body talk. Ya, ya, ya, ya

Criss Cross Oh my Gosh

That's the Way to do the body talk.

Criss Cross Oh my Gosh. – Repeat the foot crossing pattern listed at the beginning for this same section.

Shoulder, Shoulder

Hip, Hip

Knees, Knees, if you please

Toes, Toes

Knees, Knees

Hip, Hip

Shoulder, Shoulder

Wrap one Ear, than wrap the other – Cross opposite hands over to touch each body part as you go down the body. Or, some can cross and some can stay straight. At the wrap, circle one hand over the head, and then circle the other hand over the head.

March it out and let's do it again.

Right, Left, Hup Right, Left, Hup Right, Left

Left, Right, Hup Left, Right, Hup Left, Right

Right, Left, Hup, Right, Left, Hup Right, Left

Left, Right, Hup, Left, Right, Hup Left, Right – Repeat as above for marching.

Clap, Clap, Clap, Clap – Repeat as above clap and knee clap with words Da, Da, DaDa, Da

Right, Left, Jump Down, - March right, left, jump in the air and click the feet together in the middle

Twist, Twist, Twist, Twist, Twist, Twist, Twist, Twist, - Twist the heels from side to side

Run, Run, Run, Here we go – Jog on the feet and lift the hands from in front of the body forward and up over head, make a fist and pop open the fingers when the hands get to the top – this fist to open action releases adrenaline from stress held within the body.

Criss Cross Oh my Gosh

That's the Way to do the body talk, ya, ya, ya, ya.

Criss Cross Oh my Gosh

That's the Way to do the body talk.

Criss Cross Oh my Gosh – Repeat as done before.

Shoulder, Shoulder

Hip, Hip

Knees, Knees, if you please

Toes, Toes

Knees, Knees

Hip, Hip

Shoulder, Shoulder

Wrap one Ear, and wrap the other. – Repeat as done before.

**March it out let's do it again,
Criss Cross Oh My Gosh
That's the way to do the Body Talk, ya, ya, ya, ya.
Criss Cross Oh my Gosh
That's the way to do the Body Talk, ya, ya, ya, ya.
Criss Cross Oh my Gosh
That's the way to do the Body Talk
Let's find some energy for dancing fun.
Criss Cross Oh my Gosh
That's the way to do the Body Talk, body talk, body talk
Criss Cross Oh my Gosh
That's the way to do the Body Talk, whoa, whoa, whoa, whoa
Criss Cross Oh my Gosh**

That's the way to do the Body Talk – For this section the steps can be step and cross over the front of the other leg with a touch, or it can cross behind, or you can do any combination of crossing over that you like with this.

*Or, as an alternative to add more awareness to the body you can do the following body awareness points will stepping to the side and digging the foot or placing it at the side of the other foot, and then repeating back to the other side. With this you can call out and touch: **Center, Center** (cross opposite hand to raised knee, repeat opposite), **Brain, Brain** (touch opposite hand to side of head, repeat opposite), **Eye, Eye** (touch opposite hand to outer corner of eye, repeat opposite), **Ear, Ear** (Touch opposite hand to edge of ear, repeat opposite), **Hand, Hand** (Clap hands together on the left side of the body and then on the right side of the body), **Foot, Foot** (Touch opposite hand to foot, repeat opposite)

Criss Cross Oh my Gosh – take hands up overhead in a fist and release the fist on the last word.

*The last coordination task comes from a combination created by Svetlana Masgutova with her Primary Reflex re-patterning program.

For more movement-based activities to support health and wellness please check out Michelle's resources at:
<http://linktr.ee/dancedebut>

To learn more about Dan Devon's music you can find him at www.danthemusicman.com

Be sure to check out Michelle's podcast "Be Well with Michelle Greenwell" with Dan Devon exploring the background to his music, on [Buzzsprout](#) or on [YouTube](#)

