

# C & S Project

Count: 92

Wand: 4

Ebene: Phrased Improver / Intermediate

Choreograf/in: Cathy Snow (USA) & Sarah Tripp (USA) - July 2022

Musik: Project - Chase McDaniel



Intro: 32 Counts

Sequence is A, B, A, A (16 counts), A, B, A, A (16 counts) C, A (2X-remainder of dance)

SEQUENCE broken down:

Part A (32 counts)

Part B (32 counts)

Part A (32 counts)

Mini A (16 counts-will be restart)

Part A (32 counts)

Part B (32 counts)

Part A (32 counts)

Mini A (16 counts)

Vocals say STOP, TAKE A LOOK AT YOURSELF

Part C (28 counts)

Part A (32 counts-2 times)

**Part A**

**[1-8]: R, L SIDE STEP TOGETHER; SIDE TOUCH**

1,2,3,4 Step R to R side, step L next to R, step R to R side, touch L next to R  
5,6,7,8 Step L to L side, step R next to L, step L to L side, touch R next to L

**[9-16] K-STEP**

1-2 Step R forward to R diagonal, Touch L together.  
3-4 Step back L to diagonal L, Touch R together  
5-6 Step R back to R diagonal, Touch L next to R  
7-8 Step L forward, Touch R next to L (weight on L)

**[17-24] TOE STRUTS R, L; RIGHT ROCKING CHAIR**

1-2 Touch R toe forward, Drop R heel (take weight)  
3-4 Touch L to forward, Drop L heel (take weight)  
5-6 Rock forward on R foot, replace weight back on L foot  
7-8 Rock back on R foot, replace weight back on L foot

**[25-32] TOE STRUTS R, L; 1/8 HIP ROLL X 2**

1-2 Touch R toe forward, Drop R heel (take weight)  
3-4 Touch L to forward, Drop L heel (take weight)  
5-6 Step RF out R turn making 1/8 turn L turn rolling hips 5,6.  
7-8 Repeat 5,6 finish with weight on L foot (facing 9:00 o'clock wall)

**Part B: 1st time 9:00 wall and 1st time 6:00 wall**

**[1-8] LINDY RIGHT, LINDY LEFT**

1&2 Shuffle R, L, R to R side  
3-4 Rock back on L behind R, recover R  
5&6 Shuffle L, R, L to L side  
7-8 Rock back on R behind L, recover L

**[9-16] 1/2 Pivot x2, Circle Hips (9:00)**

1, 2 Step R forward, Pivot 1/2 left with weight on L

3, 4 Step R forward, Pivot 1/2 left with weight on L  
5,6,7,8 Circle hips clockwise starting from R

**[17-24] LINDY RIGHT, LINDY LEFT**

1&2 Shuffle R, L, R to R side  
3-4 Rock back on L behind R, recover R  
5&6 Shuffle L, R, L to L side  
7-8 Rock back on R behind L, recover L

**[25-32] ¼ RIGHT MONTEREY TURN; JAZZ BOX**

1-2 Touch R side, turn ¼ R and step R together  
3-4 Touch L side, step L together  
5-6 Cross R over L, step back L  
7-8 Step R side; step L forward

**Part C (You will hear vocal say STOP! TAKE A LOOK AT YOURSELF. Begin Section C-facing 6:00 o'clock wall).**

**[1-8] CROSS ROCKS, TRIPLES**

1-2 Cross/rock R over L; recover L  
3&4 Triple in place stepping R, L, R  
5-6 Cross/rock L over R; recover R  
7&8 Triple in place stepping L. R. L

**[9-16] RIGHT VINE WITH TOUCH, LEFT VINE WITH TOUCH**

1-2 Step R to R side, cross L behind R  
3-4 Step R to R side, touch L foot  
5-6 Step L to L side, cross R behind L  
7-8 Step L to L side, touch R foot

**[17-24] LOCK STEP LOCK STEP, SHUFFLE, REPEAT LEFT**

1-2 Step R forward, cross L behind R  
3&4 Shuffle R, L, R forward  
5-6 Step L forward, cross R behind L  
7&8 Shuffle L, R, L forward

**[25-25] ¼ RIGHT MONTEREY TURN (only 4 counts)**

1-2 Touch R to R side, turn ¼ R and step R together  
3-4 Touch L to L side, step L together w/R \*RESTART and DANCE Part A - remainder of song

**Dance ends on 3:00 Wall but you can also shift to front wall to end dance/song**

**This is my first phrased A, B, C dance so have patience with me and exact terminology may be off. Most dancers will know these steps. Part C is actually my choreographed dance, "Lil Bit Easy" minus jazz box. It really does flow with Chase's song, trust me. Listen to the music first. Thank you.**

**Any suggestions/comments, please feel free to email me at [mrssno@email.com](mailto:mrssno@email.com)**

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