

C & S Project

Compte: 92

Mur: 4

Niveau: Phrased Improver / Intermediate



Chorégraphe: Cathy Snow (USA) & Sarah Tripp (USA) - July 2022

Musique: 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
