

# Project

拍數: 32      牆數: 4      級數: Improver  
編舞者: Donna Manning (USA) - May 2022  
音樂: Project - Chase McDaniel



**\*\*2 restarts after 16 counts on walls 4 and 8 (the first 2 times you start @ 9:00)**

**Start 32 counts after the heavy beat in the intro music. Weight on R....**

## **Sec.1 (1-8) Cross Back Rock, Recover, Side Rock, Recover, Cross Rock, Recover, ¼ Turn, ½ Turn**

1-2, 3-4      L back rock (angle body to L), recover to the R, L side rock, recover to R  
5-6      ross rock L over R, recover weight to R turning head to L to begin the ¼ turn  
7.8      ¼ turn L stepping L frwd, on the ball of L ½ turn L stepping back on R

## **Sec.2 (9-16) Step back, Touch, Step back, Touch, Hip Sways**

1,2,3,4      Step L back, Touch R in front lifting R hip, step R back, touch L in front lifting L hip (weight stays on R here)  
5-6-7-8      Placing weight evenly on both feet but keeping L in front of and slightly to the left of the R supporting leg,  
Bend the knees a bit and sway hips forward, back, forward, back taking weight securely to the R leg

**\*\*\*\*The RESTART happens here----just remember to shift weight squarely on top of the R leg for count 8 and the restart is easy.**

**\*\*\*\*IMPORTANT STYLING NOTE\*\*\*\* After the 2nd restart it has a cool rap rotation that needs you to be a little more jagged instead of smooth.**

**Go for it and put a little more umph in the styling.**

## **Sec.3 (17-24) Cross, Sweep, Cross, Side, Behind, Sweep, Behind, ¼ Turn**

1-2      Cross L over R, Sweep R back to front crossing in front of the body  
3-4-5      Step R down across L, step L to L side, R behind L  
6-7-8      Sweep L front to back, step L down behind R, ¼ turn R stepping R forward

## **Sec.4 (25-32) Forward Rock, Recover, Step Back, Together, Heels, Toes, ¼ Turn Heels, Sweep**

1,2,3,4      L frwd rock, recover to R, step L slightly back, bring R next to L (angle body slightly to R)  
5,6,7      Both heels to R, both toes to R, both heels to R making ¼ turn to the left taking weight to the R  
8      Sweep L small circle L to the back – right into the beginning of the dance

**Last Update - 29 May 2022**