Project

拍数: 32　　　　　**墙数:** 4　　　　　**级数:** Improver

编舞者: Donna Manning (USA) - May 2022

音乐: 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 fwrd 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