

Cease And Desist

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Roger Neff (March 2015)

Music: Cease and Desist by Delbert McClinton

*** This pattern also works with Dream a Little Dream by Barry Manilow and Mama Cass, but at a slightly slower tempo.**

Intro. 32 Counts (Start on vocals)

[1-8] Step L over R, Step R to R, Behind-Side-Cross, Long Step to R, Sweep L around behind R making $\frac{1}{4}$ turn to L, L Coaster Step (9:00)

1-2,3&4 Step L over R, Step R to R, Step L behind R, Step R to side, Step L over R

5-6,7&8 Take long step to R, Sweep L around behind R while making $\frac{1}{4}$ turn to L, Step back on L, Step R beside L, Step fwd on L

[9-16] Shuffle Fwd R,L,R, Shuffle Fwd L,R,L , Rock Fwd on R, Recover on L, Kick-Ball-Cross

1&2,3&4 Shuffle fwd R,L,R, Shuffle fwd L,R,L

5-6,7&8 Rock fwd on R, Recover on L, Kick R foot fwd, Step on ball of R foot, Step L over R

[17-24] Long Step to R, Drag L beside R, Triple Step L,R,L with $\frac{1}{4}$ turn to L, Step Fwd on R making $\frac{1}{2}$ turn to L, Step Back on L making $\frac{1}{2}$ turn to L, Shuffle Fwd (3:00)

1-2,3&4 Take long step to R, Drag L beside R, Triple Step L,R,L making $\frac{1}{4}$ turn to L

5-6,7&8 Step fwd on R making $\frac{1}{2}$ turn to L, Step back on L making $\frac{1}{2}$ turn to L, Shuffle fwd R,L,R

[&25-32] Step on L (&) Syncopated Toe Switches to R, to L, to R, Point R Toe Fwd, To R, Step on R beside L

&1-2,&3-4 Step on L (&), Point R Toe to Side (1), Hold (2), Step on R in Place (&), Point L Toe to Side (3), Hold (4)

&5-6-7-8 Step L in Place (&), Point R Toe to Side (5), Point R Toe Fwd (6), Point R Toe to Side (7), Step on R beside L (8)

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