

Cease And Desist

32 Count, 4 Wall, Improver

Choreographer: Roger Neff (March 2015)

Choreographed to: Cease and Desist by Delbert McClinton;
Dream A Little Dream by Barry Manilow and Mama Cass
(slower)

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 ¼ 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 ¼ 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 ¼ turn to L, Step Fwd on R making ½ turn to L, Step Back on L making ½ 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 ¼ turn to L
5-6,7&8 Step fwd on R making ½ turn to L, Step back on L making ½ 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)