

Lean On

拍数: 96 墙数: 1 级数: Improver
编舞者: Keith Stewart (N.IRE) - May 2015
音乐: Lean On by Major Lazer



Section 1 – Counts 1-8 - Right Mambo, Left Mambo Back, Right Side Mambo, Left Side Mambo.

- 1&2 Rock Weight Forward On Right Foot, Recover Weight Onto Left Foot In Place, Step Right Foot Beside Left Foot.
- 3&4 Rock Weight Back On Left Foot, Recover Weight Onto Right Foot In Place, Step Left Foot Beside Right Foot.
- 5&6 Rock Right Foot Out To Right Side, Recover Weight Onto Left Foot In Place, Step Right Foot Beside Left.
- 7&8 Rock Left Foot Out To Left Side, Recover Weight Onto Right Foot In Place, Step Left Foot Beside Right.

Section 2 – Counts 9-16 - Right Chacha Forward, Step Pivot ½ Turn Right, Rightchacha Forward, Step Pivot ¼ Turn Right.

- 9&10 Step Right Foot Forward, Bring Left Foot Beside Right, Step Right Foot Forward.
- 11&12 Step Left Foot Forward, Pivot A ½ Turn Over Right Shoulder, Taking Weight Onto Right Foot, Step Left Foot Forward.
- 13&14 Step Right Foot Forward, Step Left Foot Beside Right, Step Right Foot Forward.
- 15&16 Step Left Foot Forward, Pivot A ¼ Turn Over Right Shoulder, Taking Weight Onto Right Foot, Step Left Foot Forward.

Section 3 & 4 – Counts 17-32, Repeat Sections 1 & 2.

Section 5 - Counts 33-40 - Right Side Step, Left Back Rock, Left Side Step, Right Back Rock, Paddle Turn Full Turn Right.

- 33, 34& Step Right Foot To Right Side, Rock Weight Back On Left Foot Behind Right, Recover Weight Onto Right Foot In Place.
- 35, 36& Step Left Foot To Left Side, Rock Right Foot Behind Left, Recover Weight Onto Left Foot In Place.
- 37&38&39&40 Making A ¼ Turn Right Step Right Foot Forward, Step Left Foot To Left Side, Taking Weight Onto Left Foot, Repeat Three Times, Making A Full Turn Right in Total, Leaving Out Last Step To Left (Which Would Be After Count 24)

Section 6 – Counts 41-48 - Side Step Left, Right Back Rock, Right Side Step, Left Back Rock, Paddle Full Turn Left.

- 41, 42& Step Left Foot To Left Side, Rock Right Foot Back Behind Left, Recover Weight Onto Left Foot In Place.
- 43, 44& Step Right Foot To Right Side, Rock Left Foot Back Behind Right, Recover Weight Onto Right Foot In Place.
- 45&46&47&48 Making A ¼ Turn Left Step Left Foot Forward, Step Right Foot To Right Side, Taking Weight Onto Right. Repeat This Three Times, Making A Full Turn Left In Total, Leaving Out Last Step To Right (Which Would Come In After Count 32)

Section 7 & 8 - Counts 49–64 - Repeat Section 5 & 6.

Section 9 – Counts 65-72 - Skate Right, Skate Left, Side Shuffle Right, Skate Left, Skate Right, Side Shuffle Left.

- 65,66 Skate Right, Skate Left.
- 67&68 Step Right Foot To Right Side, Step Left Foot Beside Right, Step Right Foot To Right Side.
- 69,70 Skate Left, Skate Right.
- 71&72 Step Left Foot To Left Side, Step Right Foot Beside Left, Step Left Foot To Left Side.

Section 10 – Counts 73-80 - Right Cross Rock, Left Cross Rock With ¼ Turn Left, Step Pivot ½ Turn Step Left, Triple Full Turn Right.

- 73&74 Rock Right Foot Across In Front Of Left Foot, Recover Weight Onto Left Foot In Place, Step Right Foot To Right Side.
- 75&76 Rock Left Foot Across In Front Of Right Foot, Recover Weight Onto Right Foot In Place, Make A ¼ Turn Left Stepping Left Foot Forward.
- 77&78 Step Right Foot Forward, Pivot A ½ Turn Over Left Shoulder, Taking Weight Onto Left Foot, Step Right Foot Forward.
- 79&80 Making A Full Turn Right Travelling Forwards, Step Left, Right Left

Section 11& 12 – Counts 81-96 – Repeat Section 9 & 10.

Tag – 8 Counts, End Of Second Wall

- 1-4 Walk Forward Right, Left, Step Forward On Right Foot, Pivot A ½ Turn Over The Left Shoulder, Taking Weight Onto Left Foot.
- 5-8 Repeat Counts 1-4.

Contact: kayandeff@hotmail.co.uk
