

Lean On Me

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Maria Maag (DK) - November 2018
音乐: Lean On Me - Jack Vidgen : (Album: Inspire - 3:43)



Intro: 54 counts from first beat (35 sec. Into track)

Ending: After 32 counts on wall 8 (facing 12:00),

(Leave out the last & count and dance the ending), see more details below. :-)

[1 – 8] Step flick step fw. R kick ball change, step fw. touch Step back kick fw, shuffle ½ R

1&2 Step fw. R (1), flick L out (&), step fw. L (2) 12:00
3&4 Kick R fw. (3), step R next to L (&), step fw. L (4) 12:00
5&6 Step fw. R (5). touch L behind R (&), step back L (6) 12:00
7&8 ¼ R stepping down R (7), step L next to R (&), ¼ R stepping down R (8) 06:00

[9 – 16] ¼ R side step touch step kick, behind side cross, point touch step R, sailor step L

1&2 ¼ R stepping L to L (1), touch R next to L (&), step R to R (2) 09:00
3&4 Cross L behind R (3), step R to R (&), cross L over R (4) 09:00
5&6 point R to R (5), touch R next to L (&), step R to R (6) 09:00
7&8 Cross L behind R (7), step down R (&), step down L (8) 09:00

[17 – 24] Cross ¼ R, coaster step back R, step fw. L ½ L, coaster step back L

1-2 Cross R over L (1), ¼ R stepping back L (2) 12:00
3&4 Step back R (3), step L next to R (&), step fw. R (4) 12:00
5-6 Step fw. L (5), ½ L stepping back R (6) 06:00
7&8 Step back L (7), step R next to L (&), step fw. L (8) 06:00

[25 – 32] Hip bump fw. R, hip bump fw. L, ¼ L lean/lunge R, recover ¼ R, triple ¾ R, step

1&2 Place R fw. With R hip bump fw. (1), recover L (&), step fw. R (2) 06:00
3&4 Place L fw. With L hip bump fw. (3), recover R (&), step fw. L (4) 06:00
5-6 ¼ L stepping R to R and lunge/lean R (5), recover L with a ¼ R (6) 06:00
7&8& ½ R stepping down R (7), step L next to R (&), ¼ R stepping down R (8), step fw. L (&) 03:00

Ending: Music slows down, so follow the beat in music.

1-8 Rock fw L recover R, full triple turn L, side step R and hands out (when he sings meeeeeeee)
:-)
1-2 Rock fw. L (1), recover R (2) 12:00
3&4 ½ L stepping down L (3), step R next to L (&), ½ L stepping down L (4) 12:00
5-8 Step R to R, cross hands in front of you (palms up)(5), continue moving arms out (6-8) 12:00

Enjoy...:-)

Contact: maria.maag.dk@gmail.com