

Lean Back

拍数: 64 墙数: 4 级数: High Intermediate
编舞者: Malene Jakobsen (DK) - April 2008
音乐: Lean Back (feat. Fat Joe, Eminem & Mase) - Lil Jon & The East Side Boyz



Intro: 16 counts: Count 13 counts – then there is some talking “Stop, it’s the....” over 3 counts – and then the heavy beat kicks in - 10 sec. into track

(1-8) Out out, hitch, step, hitch, point, hitch, kick ball step, twist ¼ x 2, body pop ball cross

&1 (&) Small jump forward on R, (1) step down on L (feet at shoulder’s width)
&2 (&) hitch R, (2) step R to R side – taking weight
&3 (&) Hitch L, (3) point L to L side
& Hitch L
4&5 (4) Kick L forward, (&) step down on L (5) step forward on R
&6 (&) Twist heels to R turning ¼ L pushing R hip R (6) twist ¼ R back to center (weight on L)
&7 (&) Pop shoulders slightly forward (7) repeat
&8 (&) step R to R side, (8) cross L over R

(9-16) Ball point, ball cross, twist ½ turn, ball step, step, knee pops

&1 (&) Step R to R side, (1) Point L to L side
&2 (&) Step down on L, (2) cross R over L
&3& Twist heels R, L, R while making ½ turn L (weight ends on R) 6.00
4 HOLD
&5 (&) Step down on L (5) take a long step forward on R
6 Step L next to R
&7 (&) Pop both knees diagonally L raising heel s from floor, (7) straighten legs to center
&8 (&) pop both knees diagonally R raising heels from floor, (8) straighten legs to center
(weight ends on L)

(17-24) Ball cross, ball step ¼, kick, step, rock step, step turn, shuffle, twist ½

&1 (&) Step R beside L, (1) cross L over R
&2 (&) Turn ¼ R stepping forward on R, (2) step forward on L 9.00
3&4& (3) Kick R, (&) step down on R (4) rock back on L (&) recover onto R
5& (5) Step forward on L, (&) turn ½ R 3.00
6&7 (6) Step forward on L, (&) close R beside R, (7) step forward on L
&8& Twist heels L, R, L making ½ turn R (weight ends on L foot) 9.00

(25-32) Kick jazz box, kick jazz box, sways, sailor step

1& (1) Kick R diagonally R, (&) cross R over L
2& (2) Step diagonally L back on L, (&) step R to R side
3& (3) Kick L diagonally L, (&) cross L over R
4& (4) Step diagonally R back on R, (&) Step L to L side
5-6 Step R to R and sway R then sway L (weight on L)
7&8 (7) Cross R behind L, (&) step L to L side (8) step R to R side

(33-40) Ball, rocking chair, kick step and knee pop x 3 “funky/bouncing style”

& Step L beside R
1&2& (1) Rock forward on R, (&) recover onto L, (2) rock back on R (&) recover onto L
3& (3) Kick R forward (&) step R beside L (weight on both feet bending legs)
4& (4) Pop knees outwards away from each other, (&) return knees to center straightening legs
(weight on R)
5& (5) Kick L forward (&) step L beside R (weight on both feet bending knees)

- 6& (6) Pop knees outwards away from each other (&) return knees to center straightening legs (weight on L)
- 7& (7) Kick R forward (&) step R beside L (weight on both feet bending legs)
- 8& (8) Pop knees outwards away from each other, (&) return knees to center straightening legs (weight on L)

(41-49) Side switches, hitch, cross, step, shuffle ¼, ball step, rocking chair, ¼ kick

- 1 Point R to R side
- &2 (&) Step R beside L, (2) point L to L side
- &3 (&) Hitch L, (3) cross L over R
- & (&) Step back on R
- 4&5 (4) Turn ¼ step L to L side, (&)close R next to L, (5) step L to L side 6.00
- &6 (&) Step R beside L, (6) step forward on L
- 7&8& (7) Rock forward on R, (&) recover onto L, (8) rock back on R, (&) recover onto L
- 1 Turn ¼ L stepping R to R side with low kick L to L side 3.00

(50-56) Sailor, sailor ½, paddle turns ½

- 2&3 (2) Cross L behind R, (&) step R to R side, (3) step L to L side
- 4&5 (4) Cross R behind L making ¼ R, (&) make ¼ turn R stepping L beside R, (5) step R to R side 9.00
- 6&7&8& Paddle 3 times beginning by stepping forward on L, making ½ turn R in total (weight ends on R) 3.00

(57-64) Cross, unwind, hip bump, sailor, ball step, kick

- 1 Cross L over R
- 2 Unwind full turn R – keeping weight on L foot
- 3&4 Step R to R side and bump R, L, R (weight ends on R)
- 5&6 (5) Cross L behind R, (&) step R to R side, (6) step L to L side
- &7-8 (&) Step R beside L, (7) Step forward on L, (8) kick R forward

NOTE: You can add a finish to the dance, if you want:

It ends facing the back wall – but do this and finish where it began:

Last counts in section 8

- &7-8 (&) Step R beside L, (7) step forward on L, (8) turn ½ R (instead of the kick)

Add some personal styling and make it look really cool ?
