

Lean On

拍數: 96 牆數: 1 級數: Easy Intermediate
編舞者: Sally Hung (TW), Tina Chen (TW), Jennifer Jou (TW), Kenny The (MY) & Winston Yew (SG) - August 2015
音樂: Lean On (feat. MØ) - Major Lazer & DJ Snake



Intro: 16 Counts 【00:09】

§1 □ □ HEEL SWITCHES, CROSS SAMBA x 2

1&2& Touch R heel fwd, step R beside L, touch L heel fwd, step L beside R
3&4 Cross R over L, rock L to L, recover R
5&6& Touch L heel fwd, step L beside R, touch R heel fwd, step L beside R
7&8 Cross L over R, rock R to R, recover L

§2 □ □ BACK & FWD LOCK STEPS

1&2 Step R back, lock L over R, step R back
3&4 Step L back, lock R over L, step L back
5&6 Step R fwd, lock L behind R, step R fwd
7&8 Step L fwd, lock R behind, step L fwd

§3 □ □ LEAN/BODY ROLL R, DRAG, LEAN/BODY ROLL L, DRAG, FWD, HITCH, BACK POINT, ½ L

12 Long step R to R leaning R or body roll R, drag L toes towards R
34 Long step L to L leaning R or body roll L, drag R toes towards L
5678 Step R fwd, hitch L, touch L behind R, reverse pivot ½ L 【6:00】

§4 □ □ LEAN/BODY ROLL R, DRAG, LEAN/BODY ROLL L, DRAG, HEEL SWITCHES x 4

12 Long step R to R leaning R or body roll R, drag L toes towards R
34 Long step L to L leaning R or body roll L, drag R toes towards L
5&6& Touch R heel fwd, step R beside., touch L heel fwd, step L beside R
7&8& Touch R heel fwd, step R beside L, touch L heel fwd, step L beside R

§5 □ □ STEP, PIVOT ¼ L ROLL HIP, ROLL HIPS ¼ R TURN, COASTAL STEP, L SHUFFLE

12 Step R fwd, pivot ¼ L rolling hips cc/w (weight still on R) 【3:00】
34 Roll hips c/w turning a ¼ R (weight on L) 【6:00】
5&6 Step R back, step L tog., step R fwd
7&8 Step L fwd, step R beside L, step L fwd

§6 □ □ TOUCH & HIP BUMPS x 2, ROCK RECOVER R CHASSE

1&23&4 Step R fwd and bump hips R-L-R, step L fwd and bump hips L-R-L
567&8 Rock R fwd, recover L, ¼ R step R to R, step L beside R, step R to R 【9:00】

§7 + §8 □ □ 【SAMBA WHISKS x 2, ½ L CROSS SHUFFLE, SIDE SHUFFLE】 x 2

1&2 Step L to L, rock ball of R feet behind L, recover L
3&4 Step R to R, rock ball of L feet behind R, recover R
5&6 ½ L cross L over R, step R to R, cross L over R 【3:00】
7&8 Step R to R, step L beside R, step R to R

§8 [9-16] □ □ Repeat counts 1&23&45&67&8 of §7. 【9:00】

§9 □ □ FWD SAMBA WALKS, ¼ L TRAVELLING VOLTAS TO THE R

1&2 Step L fwd, slide R diagonally back and take weight onto ball of R feet when have you straightened your R leg, recover L

- 3&4 Step R fwd, slide L diagonally back and take weight onto ball of L feet when have you straightened your L leg, recover R
- 5&6&7&8 ¼ L cross L over R, step R to R, cross L over R, step R to R, cross L over R, step R to R, cross L over R (all small steps) **【6:00】**

§10 □ □ SIDE ROCK CROSS, SIDE ROCK ¼ R, ¼ R CLOSE, ANCHOR STEPS x 2

- 1&2 Rock R to R, recover L, cross R over L
- 3&4 Rock L to L, recover R as you turn ¼ R, ¼ R close L beside R **【12:00】**
- 5&6 Cross rock R behind L, recover L, cross rock R behind L again
- 7&8 Cross rock L behind R, recover R, cross rock L behind R again

§11 □ □ FULL R TURNING VOLTAS, FWD SAMBA BASIC, BACK SAMBA BASIC

- 1&2&3&4 ¼ R step R fwd, lock step L behind R, ¼ R step R fwd, lock step L behind R, ¼ R step R fwd, lock step L behind R, ¼ R step R fwd **【12:00】**
- 5&6 Step L fwd, step R beside L, step L in place
- 7&8 Step R fwd, step L beside R, step R in place

§12 □ □ FULL L TURNING VOLTAS, FWD SAMBA BASIC, BACK SAMBA BASIC

- 1&2&3&4 ¼ L step L fwd, lock step R behind L, ¼ L step L fwd, lock step R behind L, ¼ L step L fwd, lock step R behind L, ¼ L step L fwd **【12:00】**
- 5&6 Step R fwd, step L beside R, step R in place
- 7&8 Step L fwd, step R beside L, step L in place

Repeat!! No Tag!! No Restart!!
