

Lean On In

拍數: 32 牆數: 4 級數: Improver
編舞者: Betty Moses (USA) - November 2018
音樂: Lean on In - Coffey Anderson : (Album: Cowboy Style)



Intro: 16 counts

[1-8] R KICK BALL CHANGE, STOMP, CLAP, L KICK BALL CHANGE, STOMP, CLAP

1&2 Right kick ball change
3-4 Stomp R forward, Hold (Clap)
5&6 Left kick ball change
7-8 Stomp L forward, Hold (Clap)

Turning Option: (1&2) Right Kick ball change, (3) Cross R over L, (4) Unwind ½ turn over left shoulder & clap-weight on L 6:00, (5&6) Right Kick ball change, (7) Cross R over L, (8) Unwind ½ turn over left shoulder & clap-weight on L 12:00

[9-16] RIGHT ROCK/RECOVER, BALL STEP, LEFT ROCK/RECOVER, BALL STEP, RIGHT ROCK / RECOVER, ¼ TURN SAILOR STEP

1-2& Rock R to side, Recover weight on L, Step ball of R next to L
3-4& Rock L to side, Recover weight on R, Step ball of L next to R
5-6 Rock R to side, Recover weight on L
7&8 Step R behind L, Step L forward turning ¼ left, Step R to side [9:00]

[17-24] HEEL JACK L, HEEL JACK R, HEEL JACK L, HEEL JACK R

1&2 Cross L over R, Step R to side, Tap L Heel forward at angle
&3&4 Step L Next to R, Cross R over L, Step L to side, Tap R heel forward at angle
&5&6 Step R next to L, Cross L over R, Step R to side, Tap L Heel forward at angle
&7&8 Step L Next to R, Cross R over L, Step L to side, Tap R heel forward at angle

EASIER OPTION FOR COUNTS 17-24:

(Tap L heel forward twice, Step L next to R, Tap R heel forward twice, Step R next to L, Tap L heel forward twice, Step L next to R, Tap R heel forward twice)

[25-32] RIGHT HIP BUMPS BACK/FORWARD/BACK, LEFT HIP BUMPS BACK/FORWARD/BACK, RIGHT HIP BUMP BACK/FORWARD/BACK, LEFT COASTER STEP

1&2 Touch R toe back bumping hips back, Bump hips forward, Bump hips back (weight on R)
3&4 Touch L toe back bumping hips back, Bump hips forward, Bump hips back (weight on L)
5&6 Touch R toe back bumping hips back, Bump hips forward, Bump hips back (weight on R)
7&8 Left coaster step

No Tags- No Restarts

Have fun

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