

Lean on Me

拍數: 32 牆數: 4 級數: Beginner
編舞者: Yumiko Miko (INA) - July 2020
音樂: Lean On Me by Music Travel Love (Iligan City, Philippines) Bill Withers Cover



Intro : Start dance after 32 counts , No Tag and No Restart

S1. STEP FORWARD R-L, MAMBO R, ANCHOR STEP 2X

1 2 Step RF forward (1), Step LF forward (2)
3 & 4 Step RF forward (3), Recover on LF (&), Step RF back (4)
5 & 6 Step LF slightly behind RF (5), Recover on RF (&), Recover on LF (6)
7 & 8 Step RF slightly behind RF (7), Recover on LF (&), Recover on RF (8)

S2. ANCHOR STEP, UNWIND, SIDE TOUCH R-L, SCISSOR STEP

1 & 2 Step LF slightly behind RF (1), Recover on RF (&), Recover on LF (2)
3 4 Cross RF behind LF (3), ½ Turn R weight on LF (4)
&5&6 Step RF to R (&), Touch LF beside RF (5), Step LF to L (&), Touch RF beside LF (6)
7 & 8 Step RF to R side (7), Close LF to R (&), Cross RF over LF (8)

S3. CHASEE L-R, CUMBIA R-L

1 & 2 Step LF to side (1), Close RF beside LF (&), Step LF to side (2)
3 & 4 Step RF to side (3), Close LF beside RF (&), Step RF to side (4)
5 & 6 Cross LF behind RF (5), Recover on RF (&), Step LF to side (6)
7 & 8 Cross RF behind LF (7), Recover on Lg (&), Step RF to side (8)

S4. MAMBO L, COASTER STEP , ¼ TURN WALK L-R, ¼ TURN R SHUFFLE FORWARD

1 & 2 Step LF forward (1), Recover on RF (&), Step LF back (2)
3 & 4 Step RF back (3), Close RF beside LF (&), Step RF forward (4)
5 6 ¼ Turn R step LF forward (5), ¼ Turn R step RF forward (6)
7 & 8 ¼ Turn L step LF forward (7), Close RF beside LF (&), Step LF forward (8)

ENJOY THIS EASY AND FUN DANCE

Contact Email : yumiko.takashi78@gmail.com

*Last Update – 1 July 2020