

Lean On Me

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
編舞者: Tammy Wyatt (CAN), Vivienne Scott (CAN), Chantelle Richards (CAN) & Rachel Bazuin (CAN) - May 2020
音樂: "Lean On Me" by ArtistsCAN



(Song available: https://smarturl.it/LeanOnMe_ArtistsCAN)

Intro: 16 counts, start on the lyrics.

****We would love as many dancers as possible to be part of the dance video.**

If you would like to join in just make a 4 wall video and send it to Chantelle or Rachel.

Contact them if you have a problem. This way we can all 'Lean On Me' at this time.

LEAN/LUNGE SIDE, RECOVER, CROSS, BACK, SIDE, COASTER STEP, LOCK STEP FORWARD

1-2 Lean/lunge left to left side lifting right foot slightly off the ground. Recover on right.

(Optional Styling: Look over your left shoulder on the Lean. Tap your shoulder)

3&4 Cross left over right. Step back on right. Step left to left side.

5&6 Step back on right. Step left beside right. Step forward on right

7&8 Step forward on left. Lock right behind left. Step forward on left. (Alt: Shuffle forward)

STEP FORWARD, PIVOT 1/4 TURN, CROSS, SIDE SHUFFLE, ROCK BACK, SYNCOPATED ROCKS

1&2 Step forward on right. Pivot 1/4 turn left. Cross right over left. (9 o'clock)

3&4 Step left to left side. Step right beside left. Step left to left side.

5-6 Rock back on right. Recover on left.

7&8& Rock right to right side. Recover on left. Rock forward on right. Recover on left.

STEP SIDE, BACK ROCK/RECOVER, STEP SIDE, BACK ROCK/RECOVER, STEP FORWARD, PIVOT 1/4 TURN, MAMBO FORWARD

1-2& Step right to right side. Rock back on left. Recover on right.

3-4& Step left to left side. Rock back on right. Recover on left.

5-6 Step forward on right. Pivot 1/4 turn left. . (6 o'clock)

7&8 Rock forward on right. Recover on left. Step back on right.

MAMBO BACK, SIDE ROCK/RECOVER, BEHIND, SIDE, CROSS, SWAYS

1&2 Rock back on left. Recover on right . Step forward on left.

3-4 Rock right to right side. Recover on left.

5&6 Cross right behind left. Step left to left side. Cross right over left.

7-8 Sway left. Sway right.

Contact Info:

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Rachel: bazuinrach@gmail.com Chantelle: chantz782@gmail.com

The song was recorded as a fund-raiser for the Canadian Red Cross. If you would like to donate, go to this link. You can donate to your country's Red Cross.

Your support will be much appreciated.