

# Lean Back

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**Count:** 64      **Wall:** 4      **Level:** High Intermediate

**Choreographer:** Malene Jakobsen (April 2008)

**Music:** Lean Back by Lil Jon & The East Side Boyz feat. Fat Joe, Eminem & Mase

**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  $\frac{1}{4}$  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  $\frac{1}{4}$  L pushing R hip R (6) twist  $\frac{1}{4}$  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  $\frac{1}{2}$  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  $\frac{1}{2}$  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  $\frac{1}{4}$ , kick, step, rock step, step turn, shuffle, twist  $\frac{1}{2}$**

**&1 (&) Step R beside L, (1) cross L over R**

**&2 (&) Turn  $\frac{1}{4}$  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  $\frac{1}{2}$  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  $\frac{1}{2}$  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  $\frac{1}{4}$ , ball step, rocking chair,  $\frac{1}{4}$  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  $\frac{1}{4}$  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  $\frac{1}{4}$  L stepping R to R side with low kick L to L side 3.00

**(50-56) Sailor, sailor  $\frac{1}{2}$ , paddle turns  $\frac{1}{2}$**

**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  $\frac{1}{4}$  R, (&) make  $\frac{1}{4}$  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  $\frac{1}{2}$  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  $\frac{1}{2}$  R (instead of the kick)**

**Add some personal styling and make it look really cool ?**