

LEAN BABY



Choreographers:	Release date: September 2006 - Revisited Dec 2015
Annette & Frank Woodruff Rue du Camp, 87 7034 Mons, Belgium Tel: 00 32 65 73 19 40	Rhythm & Phase: Foxtrot V
	Music: Hisao Sudou CD "Best Selection for Ballroom Dancing" track 13 or mp3 download from www.mp3lee.com/de/index.php?q=Hisao%20Shinagana
	Time & Speed: 2:22 at unchanged CD speed
	Footwork: Opposite except where indicated (<i>W's footwork in parentheses</i>)
annetteandfrank@gmail.com	Sequence: Intro – A – B – Interlude – C - Ending

INTRODUCTION

1 - 2	Wait;;	SCP DLC inside ft free wt 2 meas;;
3 - 4	Promenade Weave;;	Fwd R, -, fwd L com LF trn, sd & bk R LOD; bk L, bk R DLC trng LF to CP, sd & fwd L DLW, fwd R DLW (<i>W fwd L prepg for LF trn, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L to BJO; fwd R outsd ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L</i>) to BJO DLW;

PART A

1	Three-Step;	Fwd L w/ heel ld, -, fwd R w/ heel ld risg to toe, fwd L on toe;
2	Natural Turn ½;	Fwd R btw W's ft stg RF trn, -, contg RF trn sd L, bk R (<i>W bk L stg RF trn, -, heel trn on L & cl R, fwd L</i>) to CP RLOD;
3	Closed Impetus;	Comp RF upper bdy trn bk L, -, heel trn on L & close R, sd & bk L (<i>W comp RF upper bdy trn fwd R btw M's ft, -, sd & fwd L contg RF trn, brush R to L & fwd R btw M's ft</i>) to CP DLW;
4	Feather Finish;	Bk R stg LF trn, -, sd & fwd L contg LF trn, fwd R to BJO DLC;
5 - 6	Reverse Wave;;	Fwd L prepg for LF trn, -, trng LF sd R twd LOD, bk L (<i>W bk R prepg for LF trn, -, trn LF on heel of R ft & cl L risg to ball, fwd R</i>) to CP DRC; w/ slight LF crv bk R, -, L, R (<i>W fwd L w/ heel ld, -, fwd R heel to ball, fwd L on ball</i>) to CP RLOD;
7	Back Feather;	Bk L, -, bk R w/ R shldr ld, bk L to CBMP (<i>W fwd R w/ heel ld between M's ft, fwd L on ball w/ L shldr ld, fwd R outsd ptr to BJO</i>);
8	Rising Lock;	Bk R, -, sd & fwd L risg to toe & trng 3/8 LF, lk Rib (<i>W fwd L trng 1/8 LF, - sd & bk R risg to toe & trng ¼ LF, lk Lif</i>) as bdy completes trn to CP DLW;
9	Whisk;	Fwd L, -, sd & fwd R, XLib SCP DLC;
10	Wing;	Thru R, com trng upper bdy LF, cont trng bdy LF (<i>W fwd L com LF trn, -, fwd R arnd M, fwd L to M's L sd upper bdy contg to trn LF</i>) to SCAR DLC;
11	Telemark to SCP;	Fwd L com LF trn, -, sd R contg LF trn, sd & fwd L (<i>W bk R com LF trn bringing L ft beside R w/ no wgt, -, contg trng LF on R heel & chg wgt to L, sd & stly fwd R</i>) to SCP DLW;
12	Cross Pivot to SCAR;	Fwd R w/ manuv action in front of W stg RF trn, -, sd L w/ strong RF trn, fwd R (<i>W sm fwd L stg RF trn, -, fwd R btw M's ft pvtg RF, sd & bk L</i>) to SCAR LOD;
13	Cross Hover to BJO;	XLif, -, sd R w/ slt rise com LF trn, rec L comp trn to BJO DLC;
14	Closed Wing;	Fwd R, -, draw L w/ LF upper bdy trn, contg bdy trn tch L (<i>W bk L, -, sd R acrs M trng LF, fwd L w/ LF bdy trn</i>) to SCAR DLC;
15	Telemark to SCP LOD ;	Fwd L comm LF bdy trn, -, sd R trng LF, compg LF trn sd & slightly fwd L (<i>W bk R comm LF bdy trn & bring L beside R w/ no wgt, -, trn LF on R heel & chg wgt to L, sd & slightly fwd R</i>) to SCP LOD ;
16	Feather ;	Fwd R, -, w/ slight LF trn fwd fwd L, fwd R outsd ptr to BJO DLC;

PART B

1 - 2	Diamond Turn ½;; to a....	Fwd L, -, trng ¼ LF sd R to BJO, bk L; bk R, -, trng ¼ LF sd L, fwd R to BJO DRW & swvl 1/8 LF on ball of R ft;
3 - 4	Double Top Spin;;	Trng 3/8 LF ovr meas bk L, bk R, sd L, fwd R to BJO DLC ckg & swvlg 1/8 LF on ball of R ft; trng 1/4 LF ovr meas bk L, bk R, sd L, fwd R to BJO RLOD;
5 - 6	Diamond Turn ½;; to a....	Fwd L, -, trng ¼ LF sd R to BJO, bk L; bk R, -, trng ¼ LF sd L, fwd R to BJO LOD & swvl 1/8 LF on ball of R ft;
7 - 8	Double Top Spin;;	Trng 3/8 LF ovr meas bk L, bk R, sd L, fwd R to BJO RLOD ckg & swvlg 1/8 LF on ball of R ft; trng 1/4 LF ovr meas bk L, bk R, sd L, fwd R to BJO DLW ; [both times the second Top Spin is slightly underturned]

9	Hover ;	Fwd L, -, fwd & sd R rise to ball of ft, rec L to SCP LOD ;
10	Wing ;	Fwd R, -, draw L trng upper bdy LF, tch L contg to trn upper bdy LF (W fwd L begin to X in frnt of M, -, fwd R arnd M trng slightly LF, fwd L arnd M contg to trn slightly LF) to SCAR DLC ;
11 - 12	Reverse Turn ;;	Fwd L twd DLC risg comm LF trn, -, sd & arnd ptr R, bk L towards LOD (W bk R toe to heel & nearly straighten legs leaving feet flat, -, bring L against R w/o wgt then trn LF on heel of R to fc LOD then transfer wgt to the flat of the L foot, fwd R between M's ft) ; bk R comm LF trn, -, sd & fwd L ptg DLW bdy trns less, fwd R w/ L sd ldg (W fwd L comm LF trn, -, sd & bk R, bk L) to BJO DLW ;
13	Three Step ;	Repeat meas 1-2 Part A ;;
14	Natural Turn ½ ;	
15	Impetus to SCP ;	Bk L comm RF trn, -, trn RF on L heel then xfer wgt to flat of R ft then rise, contg RF bdy trn sd & fwd L (W fwd R between M's ft comm RF turn, -, sd L acrs LOD, contg RF trn brush R & step sd & fwd R) to SCP LOD ;
16	Cross Hesitation ;	Thru R comm LF trn, -, cont trng LF on R tchg L, - (W Thru L, -, sd R arnd M trng LF, contg trn cl L) to BJO RLOD ;

INTERLUDE

1 - 2	Diamond Turn ½;;; to a....	Rpt meas 5 – 8 Part B;;;;
3 - 4	Double Top Spin;;;	

PART C

1	Three-Step;	Rpt meas 1-4 Part A;;;;
2	Natural Turn ½;	
3	Closed Impetus;	
4	Feather Finish;	
5	Open Reverse Turn ;	Fwd L com LF trn, -, sd R contg LF trn, bk L w/ R shldr ld to BJO RLOD;
6	Hover Corte ;	Bk R stg LF trn, -, sd & bk L w/ hvrg action contg bdy trn, rec R (W fwd L trng LF, -, sd & fwd R w/ hvrg & brush action, rec L outsd M) to BJO LOD;
7	Back Whisk ;	Bk L, - bk & sd R, XLib to SCP DLC;
8	Wing ;	Fwd R, -, draw L trng upper bdy LF, tch L contg to trn upper bdy LF (W fwd L begin to X in frnt of M, -, fwd R arnd M trng slightly LF, fwd L arnd M contg to trn slightly LF) to SCAR DLC ;
9 - 12	Diamond Turn;;;;	Trng ¼ LF per meas and staying in BJO thruout fwd L, -, sd R, bk L; bk R, -, sd L, fwd R; rpt meas 17-18 to CP DLC;;;
13	Telemark to SCP;	Fwd L com LF trn, -, sd R contg LF trn, sd & fwd L (W bk R com LF trn bringing L ft beside R w/ no wgt, -, contg trng LF on R heel & chg wgt to L, sd & stlty fwd R) to SCP DLW;
14-15	Natural Fallaway Weave;;;	Fwd R w/ slight RF bdy trn (W fwd L no trn), -, fwd L trng ¼ RF & risg, rec R to SCP DRW; bk L still in SCP, bk & sd R (W bk & sd L trng LF to CP), sd & fwd L prepg to step outsd ptr, fwd R to BJO DLW;
16	Change of Direction;	Fwd L, -, fwd R w/ R sd ld & trn LF, draw L & brush to CP DLC;

ENDING

1	Telemark to SCP;	Fwd L com LF trn, -, sd R contg LF trn, sd & fwd L (W bk R com LF trn bringing L ft beside R w/ no wgt, -, contg trng LF on R heel & chg wgt to L, sd & stlty fwd R) to SCP DLW;
2	Cross Pivot to SCAR ;	Fwd R w/ manuv action in front of W stg RF trn, -, sd L w/ strong RF trn, fwd R (W sm fwd L stg RF trn, -, fwd R btw M's ft pvtg RF, sd & bk L) to SCAR LOD;
3	Cross Hover to SCP DLC;	XLif, -, sd R w/ slight rise (W sd L w/ strong RF trn), rec L to SCP DLC;
4	Weave 3 to BJO ;	Fwd R comm LF trn, -, sd & fwd L trng LF, sd & bk R (W fwd L comm LF trn, -, contg LF trn sd & bk R, contg trn fwd L) to BJO RLOD;
5	Outside Change to SCP;	Bk L twd DLC comm LF trn, -, bk R blendg to CP, sd & fwd L twd DLW in SCP (W fwd R twd DLC in BJO, -, fwd L blendg to CP, sd & fwd R) ;
6	Curved Feather;	Fwd R stg RF trn, -, contg RF trn sd & fwd L, contg upper bdy RF trn fwd R outsd W (W fwd L stg slight RF trn, -, sd & bk R cont trn, bk L) to BJO DRW ;
7	Weave Ending ;	Bk L in BJO, blendg to CP & trng LF bk R down LOD, contg LF trn sd & fwd L pointg DLW body turns less, fwd R left side ldg (W fwd R in BJO w/ hd to R & well into M's R arm, trng hd to L & blendg to CP & trng LF fwd L down LOD, contg LF trn sd & bk R, bk L) to BJO DLW ;

8	Change of Direction ;	Fwd L, -, fwd R w/ R sd ld & trn LF, draw L & brush to CP DLC;
9	Open Reverse Turn;	Fwd L com LF trn, -, sd R contg LF trn, bk L w/ R shldr ld to BJO RLOD;
10	Hover Corte;	Bk R stg LF trn, -, sd & bk L w/ hvrg action contg bdy trn, rec R (<i>W fwd L trng LF, -, sd & fwd R w/ hvrg & brush action, rec L outsd M</i>) to BJO LOD;
11	Back Whisk;	Bk L, - bk & sd R, XLib to SCP DLC;
12-13	Promenade Weave;;	Rpt meas 3-4 Intro ;;
14	Fwd & R Lunge ;	Fwd L, -, flex L knee mv sd & slightly fwd R keep L sd in twd W & as wgt is taken flex R knee & make slight bdy trn to L & look at W (<i>W bk R, -, flex R knee mv sd & slightly bk L keep R sd in twd M & as wgt is taken flex L knee & make slight bdy trn to L</i>), -;

LEAN BABY – WOODRUFF – FT V – 2:22 – HISAO SUDOU

INTRO (4 meas)

SCP DLC wait 2 ;; Promenade Weave ;;

PART A (16 meas)

Three Step ; Natural Turn ½ ; Closed Impetus ; Feather Finish ;
Reverse Wave ;; Back Feather ; Rising Lock DLW ;
Whisk ; Wing ; Telemark to SCP ; Cross Pivot to SCAR ;
Cross Hover to BJO ; Closed Wing ; Telemark to SCP ; Feather ;

PART B (16 meas)

Diamond Turn ½ to a Double Top Spin ;;;
Diamond Turn ½ to a Double Top Spin ;;;
Hover ; Wing ; Reverse Turn ;; Three Step ; Natural Turn ½ ;
Impetus to SCP ; Cross Hesitation ;

INTERLUDE (4 meas)

Diamond Turn ½ to a Double Top Spin ;;;

PART C (16 meas)

Three Step ; Natural Turn ½ ; Closed Impetus ; Feather Finish ;
Open Reverse Turn ; Hover Corte ; Back Whisk ; Wing ;
Diamond Turn ;;; Telemark to SCP ; Natural Fallaway Weave ;
Change of Direction ;

ENDING (14 meas)

Telemark to SCP ; Cross Pivot to SCAR ; Cross Hover to SCP DLC ;
Weave 3 to BJO ; Outside Change to SCP ; Curved Feather ;
Weave Ending ; Change of Direction ; Open Rev Turn ; Hover Corte ;
Bk Whisk ; Promenade Weave ;; Fwd & R Lunge ;