

LEAN BABY



Choreographers:	Music: Hisao Sudou CD "Best Selection for Ballroom Dancing" track 13 or MP3 file on request
Annette & Frank Woodruff	Footwork: Opposite except where indicated (<i>W's footwork in parentheses</i>)
Rue du Camp, 87	Rhythm & Phase: Foxtrot V
7034 Mons, Belgium	Twin Dance: Moonlight Brings Memories (Sydney Thompson), Woodruff
Tel: 00 32 65 73 19 40	Release date: September 2006
Fax: 00 32 65 73 19 41	Time & Speed: 2:22 at unchanged CD speed
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INTRODUCTION

1 - 2	Wait;;	SCP DLC 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;	Comg RF upper bdy trn bk L, -, heel trn on L & close R, sd & bk L (<i>W comg 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	Closed Telemark;	Fwd L com LF trn, -, fwd & sd R arnd W contg trn, sd & slightly fwd L to BJO DLW (<i>W bk R com LF trn on R heel bringing L beside R w/ no wgt, -, cont LF trn on R heel & xfer wgt to L risg, bk & sd R</i>);
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	Three-Step;	Fwd L, -, fwd R heel to toe w/ slight LF trn blending to CP, fwd L CP DLW;
10	Natural Telemark;	Fwd R st trng RF, -, cont RF turn sd L, cont RF turn sm sd & fwd R (<i>W bk L st trng RF, -, heel trn on L & cl R, contg RF trn sd & bk L</i>) to SCAR LOD;
11	Cross Hover to SCP DLW;	XLif, -, sd R w/ slt rise, rec L (<i>W XRib, sd & bk L w/ strong RF trn, fwd R</i>) to SCP DLW; [<i>this is an overturn for the lady</i>]
12	Hover Fallaway;	Fwd R, -, fwd L risg & ckg, rec R;
13	Slip Pivot to BJO;	Bk L, -, bk & sd R risg, rec L (<i>W bk R trn RF, sd & fwd L to BJO, rec R</i>) to BJO DLW;
14	Open Natural;	Stg RF upper bdy trn fwd R heel to toe, -, cont RF trn sd L, cont slight RF upper bdy trn to ld W to step outsd bk R to BJO DRC;
15	Outside Spin;	Stg bdy trn to R toe in w/ R sd ld bk L sm stp trng 3/8 RF trn, -, fwd R heel to toe cont RF trn, cont RF trn sd & bk L to CP DRW (<i>W fwd R outsd M heel toe, -, cl L on toe 5/8 RF trn between 1 & 2, cont RF trn fwd R between M's ft</i>);
16	Back Draw Touch Checking;	Bk R, draw L, cont drawing L, tch L chkg;

INTERLUDE

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

PART C

1	Three-Step;	Rpt meas 1-7 Part A;;;;;;;
2	Natural Turn 1/2;	
3	Closed Impetus;	
4	Feather Finish;	
5 - 6	Reverse Wave;;	
7	Back Feather;	
8	Rising Lock;	
9 - 12	Diamond Turn;;;;	Trng 1/4 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 (<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;
14-15	Natural Fallaway Weave;;	Fwd R w/ slight RF bdy trn (<i>W fwd L no trn</i>), -, fwd L trng 1/4 RF & risg, rec R to SCP DRW; bk L still in SCP, bk & sd R (<i>W bk & sd L trng LF to CP</i>), 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 (<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;
2	Natural Telemark;	Rpt meas 10-16 Part B;;;;;;;
3	Cross Hover to SCP DLW;	
4	Hover Fallaway;	
5	Slip Pivot to BJO;	
6	1/2 Natural;	
7	Hesitation Change;	
8	Walk 2;	
9	Open Reverse Turn;	
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 to A Right Lunge on last step;;	Fwd R, -, fwd L com LF trn, sd & bk R LOD; bk L, bk R DLC trng LF to CP, sd & fwd L DLW, lun fwd & sd 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, lun bk & sd L lookg well to L</i>);

To practise the same figures to a different tune for variety, see cue-sheet for "Moonlight Brings Memories (Sydney Thompson)