

# Lean Back

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 ¼ 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 ¼ L pushing R hip R (6) twist ¼ 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 ½ 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 ½ 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 heels 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 ¼, kick, step, rock step, step turn, shuffle, twist ½**

&1 (&) Step R beside L, (1) cross L over R  
&2 (&) Turn ¼ 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 ½ 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 ½ 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 ¼, ball step, rocking chair, ¼ 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 ¼ 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 ¼ L stepping R to R side with low kick L to L side 3.00

**(50-56) Sailor, sailor ½, paddle turns ½**

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 ¼ R, (&) make ¼ 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 ½ 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 ½ R (instead of the kick)

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