



## Dansbeschrijving van de maand

okra  
SPORT+

# LEAN ON ME

Lijndans

Niveau: Improver

Choreografie en video: Yvette Clinckspoor

Muziek: Lean on me - Music Travel Love (Iligan City, Philippines) Bill Withers Cover

Muren: 4

Tellen: 32

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## **INTRO**

1-16 *Rust*

### **Sectie 1: Forward Mambo, back Mambo, Rock & Cross, Turn ½ Right**

- 1 en 2 *Rock right forward, recover on left, step right back*  
3 en 4 *Rock left back, recover on right, step left forward*  
5 en 6 *Rock right to side, recover on left, cross right over left*  
7 en 8 *Step left to side, turn ½ right, step right to side, cross left over right (06:00)*

### **Sectie 2: ½ Rumba BOX (2x), pivot ½, en pivot ¼**

- 1 en 2 *RF to right, LF near RF, RF forw.*  
3 en 4 *LF to left, RF near LF, LF forw.*  
**5-6** *Pivot : RF forward, 1/2 turn left, weight on LF (12:00)*  
**7-8** *Pivot : RF forward, ¼ turn left, weight on LF (03:00)*

### **Sectie 3: Cross shuffle, Scissor left, Scissor right, step for - touch back- , step back**

- 1 en 2 *Cross shuffle RF over LF, LF left, RF over LF*  
3 en 4 *Scissor: LV to left, RF near LF, LF cross over RF*  
5 en 6 *Scissor: RV to right, LF near RF, RF cross over LF*  
7 en 8 *Step LF forward, touch RF behind LF, step RF back*

### **Sectie 4: Back Lockstep (2x) , Shuffle ½ Turn Left, Kickball Change**

- 1 en 2 *Back Lockstep: step LF back, cross RF over LF, step LF back*  
3 en 4 *Back Lockstep: step RF back, cross LF over RF, step RF back*  
5 en 6 *Shuffle ½ turn to left ( L,R,L) (09:00)*  
7 en 8 *Kick Ball Change : kick RF forward, put briefly weight on ball RF, step small step forward on LF*

*Lijndans uitgeschreven door Yvette Clinckspoor*

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## ***Lean on Me - Music Travel Love (lyrics)***

*Sometimes in our lives, we all have pain  
Yeah, we all have sorrow  
But if we are wise  
We know that there's, there's always tomorrow*

*Lean on me, when you're not strong  
And I'll be your friend  
I'll help you carry on  
Lean on me  
It won't be long  
Til I'm gonna need  
Somebody to lean on*

*Please, swallow your pride  
If I have things that you need to borrow  
For no one can fill those of your needs  
That you won't let show*

*Lean on me, when you're not strong  
And I'll be your friend  
I'll help you carry on  
Lean on me  
It won't be long  
'Til I'm gonna need  
Somebody to lean on*

*Just call on me brother, if you need a hand  
'Cause we all need somebody to lean on  
I just might have a problem that you'd understand  
'Cause we all need somebody to lean on*

*Lean on me, when you're not strong  
And I'll be your friend  
I'll help you carry on  
Lean on me  
It won't be long  
'Til I'm gonna need  
Somebody to lean on*

*Yeah  
Oh-oh-oh-oh-oh-oh-oh  
Somebody to lean on  
Yeah  
Oh-oh-oh-oh-oh-oh-oh  
Somebody to lean on*