LEAN BABY

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Release date: September 2006 - Revisited Dec 2015
Rhythm & Phase: Foxtrot V
Music: Hisao Sudou CD “Best Selection for Ballroom Dancing” track 13
Time & Speed: 2:22 at unchanged CD speed
Footwork: Opposite except where indicated (W’s footwork in parentheses)

Rhythm & Phase: Foxtrot V

Footwork:

Sequence:

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 (W fnd L prepfl for LF trn, - , sd & bk R trng LF to CP, contr trng on R then fnd & sd L to BJO; fnd R outsdt ptr, fnd L trng LF to CP, & sd & bk R contrg LF trn to fc COH, bk L) to BJO DLW;

PART A

1 Three-Step; Fwd L w/ heel ld, -, fnd R w/ heel ld risg to toe, fnd L on toe;
2 Natural Turn ½; Fwd R btw W's ft stg RF trn, - , contg RF trn sd L, bk R (W bk L stg RF trn, - , heel trn on L & cl R, fnd L) to CP RLOD;
3 Closed Impetus; Comg RF upper bdy trn bk L, -, heel trn on L & close R, sd & bk L (W comg RF upper bdy trn fnd R btw M's ft, - , sd & fnd L contrg RF trn, brush R to L & fnd R btw M's ft) to CP DLW;
4 Feather Finish; Bk R stg LF trn, -, sd & fnd L contrg LF trn, fnd R to BJO DLC;
5 - 6 Reverse Wave;; Fwd R prepfl for LF trn, -, trng LF sd R twd LOD, bk L (W bk R prepfl for LF trn, - , trn LF on heel of R ft & cl L risg to ball, fnd R) to CP DRP; w/ slght LF crv bk R, -, L, R (W fnd L w/ heel ld, -, fnd R heel to ball, fnd L on ball) to CP RLOD;
7 Back Feather; Bk L, -, bk R w/ R shldr ld, bk L to CBMP (W fnd R w/ heel ld between M's ft, fnd L on ball w/ L shldr ld, fnd R outsdt ptr to BJO);
8 Rising Lock; Bk R, -, sd & fnd L risg to toe & trng 3/8 LF, lk Rib (W fnd L trng 1/8 LF, - , sd & bk R risg to toe & trng ¾ LF, lk Lf) as bdy completes trn to CP DLW;
9 Whisk; Fnd L, -, sd & fnd R, XLib SCP DLC;
10 Wing; Thru R, com trng upper bdy LF, contg trng bdy LF tch R, com LF trn to SCP DLC;
11 Telemark to SCP; Fnd L com LF trn, -, sd R contrg LF trn, sd & fnd 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 & sltly fnd R) to SCP DLW;
12 Cross Pivot to SCAR; Fnd R w/ manuv action in front of W stg RF trn, -, sd L w/ strong RF trn, fnd R (W sm fnd L stg RF trn, - , fnd R btw M's ft prvng RF, sd & bk L) to SCP DRP;
13 Cross Hover to BJO; XLib, -, sd R w/ slt rise com LF trn, rec R comp trn to BJO DLC;
14 Closed Wing; Fnd R, -, draw L w/ LF upper bdy trn, contg bdy trn tch L (W bk L, -, sd R acrs M trng LF, fnd L w/ LF bdy trn) to SCP DRP;
15 Telemark to SCP LOD ; Fnd L comm LF bdy trn, -, sd R trng LF, comg LF trn sd & sltly fnd L (W bk R comm LF bdy trn & bring L beside R w/ no wgt, -, trn LF on R heel & chg wgt to L, sd & sltly fnd R) to SCP LOD;
16 Feather ; Fnd R, -, w/ slt LF trn fnd fnd L, fnd R outsdt ptr to BJO DLC;

PART B

1 - 2 Diamond Turn ½;; to a…; Fnd L, -, trng ½ LF sd R to BJO, bk L, bk R, -, trng ½ LF sd L, fnd R to BJO DRP & 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, fnd 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, fnd R to BJO RLOD;
5 - 6 Diamond Turn ½;; to a…; Fnd L, -, trng ½ LF sd R to BJO, bk L, bk R, -, trng ½ LF sd L, fnd R to BJO LOC & 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, fnd 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, fnd R to BJO DLC; [both times the second Top Spin is slightly underturned]
### ENDING

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
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</table>
| 1    | Telemark to SCP;  
Fwd L com LF trn, -, sd R contg LF trn, bk L w/ R shldr ld to BJO RLOD; |
| 2    | Cross Pivot to SCP ;  
Fwd R w/ manuv action in front of W stg RF trn, -, sd L w/ strong RF trn, fwd R (W sm f windshield LF stg RF trn, -, fwd R bw M’s ft pvtg RF, sd & bk L) to SCP DLC; |
| 3    | Cross Hover to SCP DLC;  
XLibr, -, sd R w/ slight rise (W sd L w/ strong RF trn), rec L to SCP DLC; |
| 4    | Weave 3 to BJO ;  
Fwd R commg LF trn, -, sd & fwd L (W bk R com LF trn bringing L ft beside R w/ no wgt, -, contg LF trn on R heel & chg wgt to L, sd & slty fwd R) to SCP DLC; |
| 5    | Outside Change to SCP;  
Bk L twd DLC com LF trn, -, bk R blendg to CP, sd & fwd L twd DLC in SCP (W fwd R twd DLC in BJO, -, fvd L blendg to CP, sd & fvd 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 & fvd L pntng DLC body turns less, fwd R left side ldg (W fwd R in BJO w/ ld to R well into M’s R arm, trng ld to L & blendg to CP & trng LF fwd L down LOD, contg LF trn sd & bk R, bk L) to BJO DLC ; |
<table>
<thead>
<tr>
<th>Page 3</th>
<th>8</th>
<th>Change of Direction;</th>
<th>Fwd L, - , fwd R w/ R sd ld &amp; trn LF, draw L &amp; brush to CP DLC;</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Open Reverse Turn;</td>
<td>Fwd L com LF trn, - , sd R conig LF trn, bk L w/ R shldr ld to BJO RLOD;</td>
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<tr>
<td>10</td>
<td>Hover Corte;</td>
<td>Bk R stg LF trn, - , sd &amp; bk L w/ hvrgr action conig bdy trn , rec R (W fwd L trng LF, - , sd &amp; fwd R w/ hvrgr &amp; brush action, rec L outsd M) to BJO LOD;</td>
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<tr>
<td>11</td>
<td>Back Whisk;</td>
<td>Bk L, - bk &amp; sd R, XLib to SCP DLC;</td>
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<tr>
<td>12-13</td>
<td>Promenade Weave;;</td>
<td>Rpt meas 3-4 Intro ;;</td>
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<tr>
<td>14</td>
<td>Fwd &amp; R Lunge;</td>
<td>Fwd L, - , flex L knee mv sd &amp; slightly fwd R keep L sd in twd W &amp; as wgt is taken flex R knee &amp; make slight bdy trn to L &amp; look at W (W bk R, - , flex R knee mv sd &amp; slightly bk L keep R sd in twd M &amp; as wgt is taken flex L knee &amp; make slight bdy trn to L), - ;</td>
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LEAN BABY – WOODRUFF – FT V – 2:22 – HISAO SUDO

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 ;