Humble and Kind!



Count: 48 Wand: 4 Ebene: Intermediate waltz

Choreograf/in: Stephen Paterson (AUS) - January 2016

Musik: Humble and Kind - Tim McGraw: (Album: Damn Country Music - iTunes - 4:20)



Start dance after 48 counts

7.30

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123

456

[1-12]□□Cross, Hold, Quarter Back, Back, Drag, Lock, Back, Together, Forward, Forward, Drag, Lock			
123	Step right across left, hold, turn 1/4 right then step left back - 3.00		
4 5 6	Step right back, hold (dragging left into next step), lock left across right		
1 2 3	Step right back, step left beside right, step right forward		
4 5 6	Step left forward, hold (dragging right into next step), lock right in behind left - 3.00		
[13-24]□□Forward, Slow Sweep Quarter, Across, Quarter Back, Three Eights Forward, Forward, Slow Drag, Coaster Forward Right			
1 2 3	Step left forward, turn 1/4 left as you sweep right over 2 counts - 12.00		
4 5 6	Step right across left, turn 1/4 right then step left back, turn 3/8 right then step right forward -		

[25-36]□□Back, Lock, Back, Half Forward, Slow Sweep, Cross, Rock Side, Recover, Cross, Quarter,

Step left forward, hold, hold (dragging right through into next step)

Step right forward, step left beside right, step right back - 7.30

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1 2 3	Step left back, lock right across left, step left back
4 5 6	Turn 1/2 right then step right forward, sweep left around over 2 counts - 1.30
123	Step left across right, rock step right out to side, recover weight onto left in place turning 1/8 left - 12.00
4 5 6	Step right across, turn 1/4 right then step left back, turn 1/4 right then step right out to side - 6.00

[37-48]□□Rock Across, Hold, Hold, Recover, Hold, Quarter Forward, Step, Slow Half Pivot, Step, Slow Half Pivot

123	Rock step left across right, hold, hold
4 5 6	Recover weight back onto right in place, hold, turn 1/4 left then step left forward - 3.00
123	Step right forward, pivot 1/2 left keeping weight over right, take weight forward onto left in place - 9.00
4 5 6	Step right forward, pivot 1/2 left keeping weight over right, take weight forward onto left in place - 3.00

This is an original dance sheet, feel free to copy without change for distribution

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