

# Be Kind

Count: 32

Wand: 4

Ebene: Improver WCS

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Musik: Be Kind - Zak Abel



## No Tag No Restart

### S1. WALK FORWARD - TRIPLE STEP - SIDE ROCK- BEHIND SIDE CROSS

- 1-2 Walk forward R-L
- 3&4 Step R forward, close L to R, step R In place
- 5-6 Step L to side, recover on R
- 7&8 Cross L behind R, step R to side, cross L over R

### S2. 1/4 TURN - WALK FORWARD (R-L) - ROLLING SIDE PASSES - HIPS SWITCHES

- 1-2 ¼ turn R step R forward, step L forward
- 3&4 ¼ turn L step R to side, L close to R, ¼ turn L step R back
- 5-6 Step L back push hips back, push hips forward
- 7-8 Push Hips back, push hips forward

### S3. ¼ TURN - CROSS - HOLD - HEEL SWITCHES - WALK BACK (R-L) - COASTER STEP

- 1-2 ¼ turn left step L cross over R , hold
- &3&4 Step R to R diagonal back, touch L heel to L diagonal forward, step L diagonal back, touch R heel to R diagonal forward
- 5-6 Walk back R-L
- 7&8 Step R back , L close to R, step R forward

### S4. PUSH FORWARD - HOLD - WALK FORWARD (R-L) - ¼ JAZZBOX

- 1-2 Step L forward with bend knee, hold
- 3-4 Walk forward R-L
- 5-6 Cross R over L, ¼ turn right step L back
- 7-8 step R to side, step L forward

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