

# Be Patient

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Mike Belk (UK)

Musik: Patience (Almighty Anthem Mix) - Holly Lang



## **¼ TURN LEFT RECOVER, RIGHT SHUFFLE, ROCK RECOVER, COASTER**

- 1-2 Rock to right on right, recover onto left turning ¼ left
- 3&4 Step forward on right, step left next to right, step forward on right
- 5-6 Rock forward on left, recover back onto right
- 7&8 Step back on left, step back on right, step forward onto left

## **ROCK RECOVER, ¾ TURN RIGHT, ROCK RECOVER, ¼ TURN SAILOR STEP LEFT**

- 1-2 Rock forward on right, recover back onto left
- 3&4 Turn ¼ right step onto right, turn ¼ right step back on left, turn ¼ right step right to right side
- 5-6 Rock on left to left side, recover onto right
- 7&8 Step left behind right, step on right turning ¼ left, step left to left side

## **STEP HOLD, & STEP HOLD, CROSS UNWIND ½ TURN RIGHT, COASTER STEP**

- 1-2 Step right to right side, hold
- &3-4 Step left next to right, step right to right side, hold
- 5-6 Cross left over right, unwind ½ turn right (keep weight on left)
- 7&8 Step back onto right, step back left, step forward onto right

## **STEP LOCK, STEP LOCK STEP TWICE**

- 1-2 Step diagonally left on left, lock right behind left
- 3&4 Step diagonally forward on left, lock right behind left, step forward diagonally on left
- 5-6 Step diagonally right on right, lock left behind right
- 7&8 Step diagonally forward on right, lock left behind right, step diagonally forward on right

## **ROCK RECOVER, ¾ TURN LEFT, ROCK RECOVER, ¼ TURN SAILOR RIGHT**

- 1-2 Rock forward on left, recover back onto right
- 3&4 Turn ¼ left step onto left, turn ¼ left step back onto right, turn ¼ left step left to left side
- 5-6 Rock forward on right, recover onto left
- 7&8 Step right behind left, step onto left turning ¼ right, step right to right side

## **STEP HOLD, COASTER CROSS, ROCK RECOVER, BEHIND SIDE CROSS**

- 1-2 Step forward onto left, hold
- 3&4 Step back onto right, step back onto left, cross right over left
- 5-6 Rock left to left side, recover onto right
- 7&8 Step left behind right, step right to right side, step left over right

**REPEAT**

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