

Honor the Bond

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Sherry Kemp (USA) - May 2020

Music: Be Kind - Zak Abel

or: Same Blood - Aloe Blacc



During the pandemic, this dance was first designed in honor of all first responders and rescuers in all fields.
*Same Blood works for special commemorative occasions.

Peace and Unity ♥☐

Be Kind: begin on 17 count, no tag or restart

(To finish on 12:00 from final wall of 6:00, after first 24 counts, step R 1/4 right, L step 1/4 right to 12:00.

(1-8) R forward step, L toe tap behind, L step back, R toe tap front, basic right, together,

1,2 R forward step, L toe taps behind R
3,4 L step back, R toe taps in front of L
5,6 R step right, L step together,
7,8 R step right, L step together

(1-8) L forward step, R toe tap behind, R step back, L toe tap front, basic left, together

1,2 L forward step, R toe taps behind L,
3,4 R step back, L toe taps in front of R
5,6 L step left, R step together,
7,8 L step left, R step together

(1-8) Walk forward and stomp then back and stomp

1,2 R walk forward, L walk forward
3,4 R walk forward, L stomp forward
5,6 L step back, R step back
7,8 L step back, R stomp together

(1-8) R point right, together, L point left, together, jazz box 1/4 turn right, together

1,2 R extends right with pointed toe, R step together by L
3,4 L extends left with pointed toe, L step together by R
5,6 Cross R over L, L step back
7,8 R turns 1/4 turn right, L step together

***Same Blood: *No tag or restart. Continue to dance through mostly vocals from 2:10 - 2:22 ("we're all part of the same organism....")**

***To end with Same Blood, on 12:00 front wall: on the 4th rotation and 3:00 wall, after the point right then left, step slightly forward on R, pivot 1/4 turn left back to 12:00 front wall, and stomp right foot slightly forward with hands crossing center extending to sides, palms up.**

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