

# Be Kind to the One You LOVE ..

**COPPER** KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Val Saari (CAN) - July 2020  
音乐: Be Kind - Marshmello & Halsey



Begin after 8 counts

## **BALL ROCK-STEP BACK/RECOVER LF, MAMBOS FWD/BACK, PRISSY WALKS RLR**

&1                      Rock quickly back on ball of RF (&), Recover LF  
2&3                     Rock forward on RF, Recover LF, Step back on RF  
4&5                     Rock back on LF, Recover RF, Step LF forward  
6-7-8                   Cross RF over left, pointing R toes left, Cross LF over right, pointing LF toes right (7), Cross RF over left, pointing R toes left

## **KICK TWICE, COASTER STEP, CROSS UNWIND 1/2 L, HEEL TWISTS RL**

1-2                     Kick LF forward twice  
3&4                     Step LF back, Close RF beside L, Step LF forward  
5-6                     Cross RF over L, Unwind 1/2 turn left  
7-8                     Twist heels right, Twist heels left

## **VINE RIGHT, SYNCOPATED SCISSORS, LINDY LEFT 1/4 R**

1-2                     Step RF to right side, Step LF behind R  
3&4                     Rock RF to right side, Recover LF, Cross RF over left  
5&6                     Shuffle left (LRL)  
7-8                     Rock back on RF Pivot 1/4 R, Recover on LF

## **V-STEP, STEP-TURN 1/4 LEFT TWICE**

1-2                     Step RF diagonally forward (1:00), Step LF diagonally forward (11:00)  
3-4                     Step RF back to centre, Step LF together  
5-6                     Step RF forward, Turn 1/4 left (weight on left)  
7-8                     Step RF forward, Turn 1/4 left (weight on left)

No tags, no restarts

Email: [valeriesaari@icloud.com](mailto:valeriesaari@icloud.com)

Phone: 1-905-246-5027

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