

Be Kind

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Hiroko Carlsson (AUS) - September 2020
音乐: Be Kind - Marshmello & Halsey : (iTunes)



(8 count intro/ Starts on lyrics)

[S1] Behind-1/4R-Fwd-1/2R-1/4R Slow Sailor Step

1 2 Step L behind R, Make a 1/4 turn right stepping forward on R
3 4 Step forward on L, Make a 1/2 turn right recover weight on R
5 6 Make a 1/4 turn right stepping L to the side, Step R behind L (12:00)
7 8 Step L to the side, Step R to the side

[S2] Behind w/ Knee Pop-1/4R-Paddle Turn, Cross-1/4L-1/2L-Fwd

1 2 Step L behind R and slightly pop R knee forward, Make a 1/4 turn right stepping forward on R
3 4 Step forward on L, Make a 1/4 turn right recover weight on R (6:00)
5 6 Cross L over R, Make a 1/4 turn left stepping back on R
7 8 Make a 1/2 turn right stepping forward on L, Step forward on R** (9:00)

[S3] Heel-Toe-Sailor 1/2L, Heel-Toe-Sailor 1/2R-

1 2 Step/touch forward on L heel, Step/touch back on L toe
3&4 Make 1/4 turn left stepping L behind R, Make a 1/4 turn left stepping R next to L, Step forward on L (3:00)
5 6 Step/touch forward on R heel, Step/touch back on R toe
7&8 Make 1/4 turn right stepping R behind L, Make a 1/4 turn right stepping L next to R, Step forward on R (9:00)

[S4] -Ball-1/4R Cross-Point, Cross-Point, Toe-1/4 Ball-Point-&-Heel-&-Side Rock

&1 2 Ball step L next to R, Make a 1/4 turn right and cross R over L, Point L to the side (12:00)
3 4 Cross L over R, Point R to the side
5& Touch R toe next to L, Make a 1/4 turn right stepping R in place (3:00)
6& Point L to the side, Step L next to R
7&8& Step/touch forward on R heel, Step R next to L, Rock L to the side, Recover weight on R

Restart on Wall 2 count 16** (12:00) and Wall 5 count 16** (3:00)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 9/Sept/20)