

Be Kind

拍数: 32 墙数: 4 级数: Beginner
编舞者: Irene Deng (TW) - January 2021
音乐: Be Kind - Owen Mac



Intro : Start to dance after 32 counts (on vocals)

Restart : On Wall 7, restart the dance after Section 2 (facing 6:00)

Tag : end of wall 7

SEC 1 : R CHASSE, 1/4 L COASTER, CHARLESTON

1&2 3&4 Step Rf to R side, Step Lf next to Rf, Step Rf to R side, Make 1/4 L Step Lf back, Step Rf beside Lf, Step Lf forward

5 6 7 8 Touch Rf toe forward, Sweep Rf from front to back, Step Rf back, Touch Lf toe to back, Sweep Lf from back to forward, step Lf forward

SEC 2 : (TOE STRUT, HEEL SCUFF) R L, CROSS, 1/4 R BACK, SIDE, CROSS SHUFFLE

1&2 3&4 Rf toe strut forward, Rf heel scuff forward, Step Rf forward, Lf toe strut forward, Lf heel scuff forward, Step Lf forward

5&6 7&8 Cross Rf over Lf, Make 1/4 R Step Lf back, Step Rf to R, Cross Lf over Rf, Step Rf next to Lf, Cross Lf over Rf,

SEC 3 : (SIDE, ROCK, RECOVER) R L, (TOUCH, BALL) R L, (KICK, BALL) R L

1 2& 3 4& Step Rf to R side, Rock Lf behind Rf, Recover On RF, Step Lf to L Side, Rock Rf behind Lf, Recover on Lf

5&6&7&8& Point Rf toe to R, Step Rf beside LF, Point Lf toe to L, Step Lf beside Rf, Kick Rf forward, Step Rf beside Lf, Kick Lf forward, Step Lf beside Rf

SEC 4 : FORWARD SHUFFLE, PIVOT 1/4 L, SIDE CROSS, HIG TURN 1/2 L, CROSS, L CHASSE

1&2 3&4 Step Rf forward, Step Lf next to Rf, Step Rf forward, Step Lf forward pivot 1/4 R, Step Rf to R, Cross Lf over Rf

5&6 7&8 Make 1/4 turn L Step Rf back, 1/4 turn L Step Lf to L, Cross Rf over Lf, Step Lf to L, Step Rf beside Lf, Step Lf to L

TAG : 2 counts

1 2 Step Rf back, Recover on Lf

Enjoy ! Have fun !

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