

Be Kind

拍数: 32 墙数: 4 级数: Improver
编舞者: EWS Winson (MY) & Sobrielo Philip Gene (SG) - May 2021
音乐: Be Kind - Marshmello & Halsey



Intro: 8 counts in (approx. 0.08 sec)

#A1 (1-8) R Side, L Sailor Step, R Behind, L Side, R Syncopated Rocking Chair, R Forward Lock Steps

- 1 Weight on LF: Step RF to R side (1) 12.00
- 2&3 Cross LF behind RF (2), step RF to R side (&), step LF to L side (3) 12.00
- 4& Cross RF behind LF (4), step LF to L side (&) 12.00
- 5&6& Rock RF forward (5), recover weight on LF (&), rock RF back (6), recover weight on LF (&) 12.00
- 7&8 Step RF forward (7), lock LF behind RF (&), step RF forward (8) 12.00

#A2 (9-16) L Forward, R Chase ½ (L) with R Forward, L Forward, R Side Rock & Recover ¼ (L) with R Forward, L-R-L Forward Triple Run, R Hitch

- 1 Step LF forward (1) 12.00
- 2&3 Step RF forward (2), turn ½ L over L shoulder (&), step RF forward (3) 6.00
- 4 Step LF forward (4) 6.00
- 5&6 Rock RF to R side (5), recover weight on LF turning ¼ L (&), step RF forward (6) 3.00
- 7&8& Run forward on LF-RF-LF (7-&-8), lift R knee beside LF (&) *** 3.00

Restart here on Wall 2 and Wall 5. Begin the dance again, each facing 12.00 o'clock and 9.00 o'clock.

#A3 (17-24) R Side Rock & Recover, R Behind, L Side, R Cross, L Ball & R Cross, L Side & R Sweep, R Syncopated Jazz Box Cross

- 1-2 Rock RF to R side (1), recover weight on LF (2) 3.00
- 3&4 Cross RF behind LF (3), step LF to L side (&), cross RF over LF (4) 3.00
- &5-6 Step LF to L side (&), cross RF over LF (5), step LF to L side while sweeping RF from back to front (6) 3.00
- 7&8& Cross RF over LF (7), step LF back (&), step RF to R side (8), cross LF over RF (&) 3.00

#A4 (25-32) R Monterey ½ (R), L Scissors Cross, R-L Toe Switches, R Forward Press, R Heel Twist Out & In

- 1-2 Point R toes to R side (1), turn ½ R closing RF next to LF (2) 9.00
- 3&4 Step LF to L side (3), close RF beside LF (&), cross LF over RF (4) 9.00
- 5&6& Point R toes to R side (5), close RF beside LF (&), point L toes to L side (6), close LF beside RF (&) 9.00
- 7&8 Press R toes forward (7), swivel R heel out to R side (&), return R heel to centre (8) 9.00

Website: <https://sites.google.com/view/dancejournal>