

Be Kind to Me

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Tammy Bosse (USA) - May 2021
音乐: Be Kind - Zak Abel



Begin after 16 counts

RIGHT SIDE SHUFFLE, ROCK STEP (LINDY), LEFT KICK BALL CHANGE - TWICE

1&2 Step right to right, step left next right, step right to right
3-4 Rock back on left replace weight forward on right
5&6 Kick Left foot diagonally, step on ball of left foot shift weight to Right foot
7&8 Kick Left foot diagonally, step on ball of left foot shift weight to Right foot

LEFT & RIGHT TOE STRUTS (MAKE A TOTAL 1/2 TURN RIGHT)

9-10 Touch Left toe side, shift weight to left heel
11-12 Turn ¼ turn right, touch Right toe forward, shift weight to right heel
13-14 Turn ¼ turn right, touch Left toe side, shift weight to left heel
15-16 Touch Right toe slightly forward, shift weight right heel

STEP, LOCK, STEP, BRUSH, ROCK STEP, ¼ TURN RIGHT, SIDE SHUFFLE

17-20 Step L forward, lock R behind L, step forward on L, brush R
21-24 Rock forward on Right foot, Recover weight on Left, ¼ right step together R, L, R

STEP LEFT FORWARD, SWIVEL RIGHT FOOT HEEL, TOE, HEEL - TWIST BOTH HEELS RIGHT, LEFT, RIGHT, FLICK

25-28 Stomp Left forward, swivel Right heel towards left foot, then right toe, then right heel
29-32 Twist both heels to the right, then toes to the right, then heels to the right and flick right foot behind left knee

*Last 4 cts - 3:00 wall - Stomp Left, heal swifels - Turn your head so you are facing front wall.

END OF DANCE!

No tags....No restart

Enjoy & most importantly let's all be KIND to each other! ☐

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