

# Be Kind To Me

拍数: 32      墙数: 2      级数: Improver / Intermediate  
编舞者: Helaine Norman (USA) - February 2023  
音乐: Be Kind - Zak Abel



Intro: 16

## I. TOE HEEL HOOK, FORWARD-LOCK STEP; FORWARD-ROCK RECOVER, BACK-COASTER

1&2      Touch R toe (with R knee inward) (1), touch R heel (with R toe outward) (&), hook R over L (2)  
3&4      Step R forward (3), lock L behind (&), step R forward (4)  
5-6      Rock L forward (5), recover to R (6)  
7&8      Step L back (7), step R together (&), step L forward (8)

Optional for 2: Hitch R knee

Optional for 3&4: SHUFFLE: Step R forward, step L together, step R forward

## II. JUMP, TOGETHER, FAN OUT-IN, KICK, ¼ L TURN, FORWARD, FORWARD, LOCK (camel walk)

&1      Jump R forward (&), step L together (2)  
2-4      Fan R side (with toes off floor) (2), fan R to center (with toes off floor) (3), kick R side diagonally  
5&6      Step R behind (5), step L forward making ¼ turn left (&) (9:00), step R forward  
7-8      Step L forward (7), lock R behind (8)

Optional 2-4: Twist both feet L side with weight on L ball & R heel with R toes fanning R diagonally out of floor (2), twist both feet back to center with weight (3), twist L to L side with weight on L ball, with R kick diagonally at simultaneously (4)

## III. SHUFFLE, PIVOT ½ L TURN; SHUFFLE, SCISSOR

1&2      Step L forward (1), step R together (&), step L forward (2)  
3-4      Step R forward making ½ turn left (3) (3:00), weight to L (4)  
5&6      Step R forward (5), step L together (&), step R forward (6)  
7&8      Rock L side (7), recover to R (&), step L over (8)

## IV. SIDE, HOLD, BALL, CROSS, SIDE; JAZZ BOX ¼ R TURN

1-2      Step R side (1), hold (2)  
&3      Step on L ball together (&), step R over (3)  
4      Step L side (4)  
5-6      Step R over (5), step L behind (6)  
7-8      Step R side making ¼ turn right (6:00) (7), step L together (8)

Optional for count 2: Drag L to R

REPEAT

Helaine43@gmail.com

Last Update: 28 Oct 2023