

# Be Patient

拍数: 48      墙数: 4      级数: Improver  
编舞者: Mike Belk (UK)  
音乐: Patience (Almighty Anthem Mix) - Holly Lang



## **¼ TURN LEFT RECOVER, RIGHT SHUFFLE, ROCK RECOVER, COASTER**

1-2      Rock to right on right, recover onto left turning ¼ left  
3&4      Step forward on right, step left next to right, step forward on right  
5-6      Rock forward on left, recover back onto right  
7&8      Step back on left, step back on right, step forward onto left

## **ROCK RECOVER, ¾ TURN RIGHT, ROCK RECOVER, ¼ TURN SAILOR STEP LEFT**

1-2      Rock forward on right, recover back onto left  
3&4      Turn ¼ right step onto right, turn ¼ right step back on left, turn ¼ right step right to right side  
5-6      Rock on left to left side, recover onto right  
7&8      Step left behind right, step on right turning ¼ left, step left to left side

## **STEP HOLD, & STEP HOLD, CROSS UNWIND ½ TURN RIGHT, COASTER STEP**

1-2      Step right to right side, hold  
&3-4      Step left next to right, step right to right side, hold  
5-6      Cross left over right, unwind ½ turn right (keep weight on left)  
7&8      Step back onto right, step back left, step forward onto right

## **STEP LOCK, STEP LOCK STEP TWICE**

1-2      Step diagonally left on left, lock right behind left  
3&4      Step diagonally forward on left, lock right behind left, step forward diagonally on left  
5-6      Step diagonally right on right, lock left behind right  
7&8      Step diagonally forward on right, lock left behind right, step diagonally forward on right

## **ROCK RECOVER, ¾ TURN LEFT, ROCK RECOVER, ¼ TURN SAILOR RIGHT**

1-2      Rock forward on left, recover back onto right  
3&4      Turn ¼ left step onto left, turn ¼ left step back onto right, turn ¼ left step left to left side  
5-6      Rock forward on right, recover onto left  
7&8      Step right behind left, step onto left turning ¼ right, step right to right side

## **STEP HOLD, COASTER CROSS, ROCK RECOVER, BEHIND SIDE CROSS**

1-2      Step forward onto left, hold  
3&4      Step back onto right, step back onto left, cross right over left  
5-6      Rock left to left side, recover onto right  
7&8      Step left behind right, step right to right side, step left over right

**REPEAT**

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