

# Humble and Kind

COPPER KNOB  
STEPPERS

拍數: 48      牆數: 2      級數: Beginner  
編舞者: Beth Freeland (UK) - July 2016  
音樂: Humble and Kind - Tim McGraw



## #48 Count Intro

### S1: Step, Sweep, Step, Sweep

1,2,3      Step forward right, sweep left forward 2 counts  
4,5,6      Step forward left, sweep right forward 2 counts

### S2: Rock forward, Hold, Rock Back, Hold

1,2,3      Rock forward onto right lifting left foot back, Hold 2 counts  
4,5,6      Rock back onto left lifting right foot in front, Hold 2 counts

### S3: Sweep, step, ¼ Sailor left

1,2,3      Sweep right back 2 counts and step on right  
4,5,6      Sweep LT back behind RT making ¼ turn left and step, step right to RT side, step LT next to RT, taking weight on left

### S4: Sway right, Sway left

1,2,3,      Sway right 3 counts taking weight onto right  
4,5,6      Sway left 3 counts taking weight onto left.

### S5: Rock back, Rock forward

1,2,3      Rock back on right, 3 counts  
4,5,6      Rock forward on left, 3 counts

### S6: Step ½ turn right, Rock Back, Hold

1,2,3      Step forward right making half a turn left, stepping back on left, step on right  
4,5,6      Rock back on left, raising right foot forward and hold.

### S7: Step, Sweep, Step, Sweep

1,2,3,      Step forward on right, sweep left 2 counts  
4,5,6      Step forward on left, sweep right 2 counts

### S8: Step, Sweep, Step left, right, left make 1/4 turn right,

1,2,3      Step right forward, sweep left 2 counts  
4,5,6      Step left, right, left making a ¼ right.

Enjoy

Contact me at: [Bfree714@yahoo.com](mailto:Bfree714@yahoo.com)