

Humble & Kind

拍數: 48 牆數: 4 級數: Intermediate waltz
編舞者: Michael O'Shea (IRE) - August 2016
音樂: Humble and Kind - Tim McGraw



Start on vocals.

S1: Step Sweep, Cross Back Side, Step Drag, Back Turn Side

1-2-3 step left slightly fwd left, sweep right around over left over 2 counts
4-5-6 cross right over left, step back left, step right to right side
1-2-3 step fwd left, drag right to left over 2 counts
4-5-6 step back right, step left 1/2 turn left, step right 1/4 turn to right side (3:00)

S2: Back Rock, Hold, Replace 1/4 Turn, 1/4 Turn, 1/2 Turn Drag, Back, Cross Sweep

1-2-3 rock back left, hold for 2 counts
4-5-6 replace weight to right, step left back 1/4 right, turning 1/4 turn right step right to right side
1-2-3 Turning 1/2 turn step left to left side, drag right to left, step slightly back right
4-5-6 cross left over right, sweep right across left over 2 counts (3:00)

Note: **Easier option - To cut out the full turn replace the 1/4, 1/4, 1/2 turns, with side, behind, side on those specific counts: 5-6-1

S3: Cross, Hitch, Hold, Back Turn Step, Twinkle Step Right, Twinkle 1/2 Turn

1-2-3 step right across left, hitch left foot to left diagonal, hold
4-5-6 step back left, step right 1/2 turn right, step fwd left
1-2-3 cross right over left, step left to left side, replace weight to right
4-5-6 cross left over right, step right to right side, turning 1/2 turn left, step fwd left (3:00)

S4: Side, Drag, Step, Cross, Step Side, Step Full Turn, Step.

1-2-3 step right to right side, drag left to right, replace weight to left
4-5-6, cross right over left, HOLD, step back left,
1-2-3 step right to right side, HOLD, step fwd left,
4-5-6 full turn left stepping right, left, step fwd right.(3:00)

Note: **Easier option - Omit the final full turn by replacing it with a basic waltz step fwd on 4-5-6

Begin again.

***Dedicated to my fantastic students as we celebrate 17 years together with Dance Crazy*
They are ever & always - humble & kind. Enjoy this beautiful track by Tim McGraw.**

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