

# Be Kind

拍數: 32      牆數: 4      級數: Improver  
編舞者: EWS Winson (MY) & Sobrielo Philip Gene (SG) - May 2021  
音樂: Be Kind - Marshmello & Halsey



Intro: 8 counts in (approx. 0.08 sec)

## #A1 (1-8) R Side, L Sailor Step, R Behind, L Side, R Syncopated Rocking Chair, R Forward Lock Steps

1            Weight on LF: Step RF to R side (1) 12.00  
2&3        Cross LF behind RF (2), step RF to R side (&), step LF to L side (3) 12.00  
4&         Cross RF behind LF (4), step LF to L side (&) 12.00  
5&6&      Rock RF forward (5), recover weight on LF (&), rock RF back (6), recover weight on LF (&) 12.00  
7&8        Step RF forward (7), lock LF behind RF (&), step RF forward (8) 12.00

## #A2 (9-16) L Forward, R Chase ½ (L) with R Forward, L Forward, R Side Rock & Recover ¼ (L) with R Forward, L-R-L Forward Triple Run, R Hitch

1            Step LF forward (1) 12.00  
2&3        Step RF forward (2), turn ½ L over L shoulder (&), step RF forward (3) 6.00  
4            Step LF forward (4) 6.00  
5&6        Rock RF to R side (5), recover weight on LF turning ¼ L (&), step RF forward (6) 3.00  
7&8&      Run forward on LF-RF-LF (7-&-8), lift R knee beside LF (&) \*\*\* 3.00

Restart here on Wall 2 and Wall 5. Begin the dance again, each facing 12.00 o'clock and 9.00 o'clock.

## #A3 (17-24) R Side Rock & Recover, R Behind, L Side, R Cross, L Ball & R Cross, L Side & R Sweep, R Syncopated Jazz Box Cross

1-2         Rock RF to R side (1), recover weight on LF (2) 3.00  
3&4        Cross RF behind LF (3), step LF to L side (&), cross RF over LF (4) 3.00  
&5-6       Step LF to L side (&), cross RF over LF (5), step LF to L side while sweeping RF from back to front (6) 3.00  
7&8&      Cross RF over LF (7), step LF back (&), step RF to R side (8), cross LF over RF (&) 3.00

## #A4 (25-32) R Monterey ½ (R), L Scissors Cross, R-L Toe Switches, R Forward Press, R Heel Twist Out & In

1-2         Point R toes to R side (1), turn ½ R closing RF next to LF (2) 9.00  
3&4        Step LF to L side (3), close RF beside LF (&), cross LF over RF (4) 9.00  
5&6&      Point R toes to R side (5), close RF beside LF (&), point L toes to L side (6), close LF beside RF (&) 9.00  
7&8        Press R toes forward (7), swivel R heel out to R side (&), return R heel to centre (8) 9.00

Website: <https://sites.google.com/view/dancejournal>