

# Be Kind

拍數: 32      牆數: 4      級數: Improver WCS  
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音樂: Be Kind - Zak Abel



## No Tag No Restart

### S1. WALK FORWARD - TRIPLE STEP - SIDE ROCK- BEHIND SIDE CROSS

1-2            Walk forward R-L  
3&4           Step R forward, close L to R, step R In place  
5-6           Step L to side, recover on R  
7&8           Cross L behind R, step R to side, cross L over R

### S2. 1/4 TURN - WALK FORWARD (R-L) - ROLLING SIDE PASSES - HIPS SWITCHES

1-2            ¼ turn R step R forward, step L forward  
3&4            ¼ turn L step R to side, L close to R, ¼ turn L step R back  
5-6            Step L back push hips back, push hips forward  
7-8            Push Hips back, push hips forward

### S3. ¼ TURN - CROSS - HOLD - HEEL SWITCHES - WALK BACK (R-L) - COASTER STEP

1-2            ¼ turn left step L cross over R , hold  
&3&4           Step R to R diagonal back, touch L heel to L diagonal forward, step L diagonal back, touch R heel to R diagonal forward  
5-6            Walk back R-L  
7&8            Step R back , L close to R, step R forward

### S4. PUSH FORWARD - HOLD - WALK FORWARD (R-L) - ¼ JAZZBOX

1-2            Step L forward with bend knee, hold  
3-4            Walk forward R-L  
5-6            Cross R over L, ¼ turn right step L back  
7-8            step R to side, step L forward

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