

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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