

Be Kind To Me

拍數: 32 牆數: 2 級數: Improver / Intermediate
編舞者: Helaine Norman (USA) - February 2023
音樂: Be Kind - Zak Abel



Intro: 16

I. TOE HEEL HOOK, FORWARD-LOCK STEP; FORWARD-ROCK RECOVER, BACK-COASTER

1&2 Touch R toe (with R knee inward) (1), touch R heel (with R toe outward) &, hook R over L (2)
3&4 Step R forward (3), lock L behind (&), step R forward (4)
5-6 Rock L forward (5), recover to R (6)
7&8 Step L back (7), step R together (&), step L forward (8)

Optional for 2: Hitch R knee

Optional for 3&4: SHUFFLE: Step R forward, step L together, step R forward

II. JUMP, TOGETHER, FAN OUT-IN, KICK, ¼ L TURN, FORWARD, FORWARD, LOCK (camel walk)

&1 Jump R forward (&), step L together (2)
2-4 Fan R side (with toes off floor) (2), fan R to center (with toes off floor) (3), kick R side diagonally
5&6 Step R behind (5), step L forward making ¼ turn left (&) (9:00), step R forward
7-8 Step L forward (7), lock R behind (8)

Optional 2-4: Twist both feet L side with weight on L ball & R heel with R toes fanning R diagonally out of floor (2), twist both feet back to center with weight (3), twist L to L side with weight on L ball, with R kick diagonally at simultaneously (4)

III. SHUFFLE, PIVOT ½ L TURN; SHUFFLE, SCISSOR

1&2 Step L forward (1), step R together (&), step L forward (2)
3-4 Step R forward making ½ turn left (3) (3:00), weight to L (4)
5&6 Step R forward (5), step L together (&), step R forward (6)
7&8 Rock L side (7), recover to R (&), step L over (8)

IV. SIDE, HOLD, BALL, CROSS, SIDE; JAZZ BOX ¼ R TURN

1-2 Step R side (1), hold (2)
&3 Step on L ball together (&), step R over (3)
4 Step L side (4)
5-6 Step R over (5), step L behind (6)
7-8 Step R side making ¼ turn right (6:00) (7), step L together (8)

Optional for count 2: Drag L to R

REPEAT

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