

Be Kind

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Lesley Baxter (NZ) - December 2024
音樂: Be Kind - Owen Mac : (Album: Be Kind)



START: 32 counts – on the word “KIND”
TAG + RESTART; 1 Easy tag plus restart

S1 (1-8): SLIDE FWD RLR, HOLD, SLIDE FWD LRL, HOLD

1 2 Slide Right Forward on a slight angle R, Step Left next to Right
3 4 Slide Right Forward on a slight angle R, Hold
5 6 Slide Left Forward on a slight angle L, Step Right next to Left
7 8 Slide Left Forward on a slight angle L, Hold

S2 (9-16): 4X TOE STRUTS GOING BACK RLRL

1 2 Step Right Toe Back, Drop Right Heel
3 4 Step Left Toe Back, Drop Left Heel
5 6 Step Right Toe Back, Drop Right Heel
7 8 Step Left Toe Back, Drop Left Heel

S3 (17-24): R SIDE, ROCK, CROSS, HOLD, L SIDE, ROCK, CROSS, HOLD

1 2 Step Right to Right Side, Recover Weight on Left
3 4 Step Right Across Left, Hold
5 6 Step Left to Left Side, Recover Weight on Right
7 8 Step Left Across Right, Hold

S4 (25-32): R BACK, KICK, BACK, KICK, COASTER (RLR), HOLD

1 2 Step Right Back, Kick Left Forward
3 4 Step Left Back, Kick Right Forward
5 6 Step Right Back, Step Left Beside Right
7 8 Step Right Forward, Hold

**** TAG & RESTART: WALL 7 ****

S5 (33-40): L FWD, 1/4 R, L ACROSS, HOLD, 1/4 L STEP BACK ON R, 1/4 L STEP L TO SIDE, R ACROSS, HOLD

1 2 Step Left Forward, Turn 1/4 Right
3 4 Step Left Across Right, Hold
5 6 Turn 1/4 Left Step Right Back, Turn 1/4 Left Step Left to Side
7 8 Step Right Across Left, Hold

S6 (41-48): L SIDE, TOGETHER, SIDE, HOLD, R SIDE, TOGETHER, SIDE, HOLD

1 2 Step Left to Left Side, Step Right beside Left,
3 4 Step Left to Left Side, Hold
5 6 Step Right to Right Side, Step Left Beside Right,
7 8 Step Right to Right Side, Hold

S7 (49-57): BEHIND, SIDE, CROSS, HOLD, FWD HEEL STRUTS R, L

1 2 Step Left Behind Right, Step Right to Right Side
3 4 Step Left Across Right, Hold
5 6 Step Right Heel Forward, Drop Right Toe
7 8 Step Left Heel Forward, Drop Left Toe

S8 (58-64): R MAMBO (RLR), HOLD, L COASTER (LRL), HOLD

1 2 Step Forward Right, Recover Weight on Left
3 4 Step Right Back, Hold
5 6 Step Left Back, Step Right Beside Left
7 8 Step Left Forward, Hold

**** TAG & RESTART: Wall 7 after 32 counts (S4) facing 6 o'clock. Add this easy 4 count tag then restart the dance from the beginning;**

1-4 Slide Forward (LRL) and Hold. **

ENDING: on wall 10, dance to count 46 then TURN 1/4 RIGHT stepping Right Forward to bring you to the front and Hold

Hope you enjoy this upbeat music and dance.

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