Humble and Kind

拍數: 24 **牆數:** 4 **級數:** High Beginner
編舞者: Sandy Carty Hodges (USA) - March 2025
音樂: Humble and Kind - Tim McGraw

Thank you Lori M for this inspiration)

(section three **has alternate options, each section can be done on all walls if so chosen)

Intro: 48 cts.

SECTION ONE: MONTEREY, 1/2 RIGHT.

1-3	Step forward on left foot (1) point right toe to right. (2,3). (12:00)
4-6	1/2 turn right, step on right foot (4) point left toe to left side (5,6) (6:00)

SECTION TWO: TWINKLES LEFT & RIGHT1/4 TURN RIGHT

1-3	Step left foot over right, (1) step right to right,(2) step left to left at slight diagonal left (3). (6:00)
4-6	Step right over left, (4) step left to left while making 1/4 turn right, (5) step forward on right (9:00)

**SECTION THREE: SUGAR FOOT LEFT & RIGHT ON ODD WALLS / STEP DRAGS LEFT & RIGHT ON EVEN WALLS…

SUGAR FOOT…..walls 3 & 9….

1-3	Touch left toe next to right foot, (1) scuff left heel) (2) stomp left foot forward (3)
4-6	Touch right toe next to left foot, (4) scuff right heel, (5) stomp right foot forward (6) (9:00)

STEP DRAGS…..walls 2 & 6…..

1-3	Step diagonal left on left foot, drag right foot next to left,
4-6	Step diagonal right on right foot, drag left foot next to right.

SECTION FOUR: PRESS LEFT AND RIGHT

1-3	Cross left over right, (1) recover on right, (2) step left to left (3)
4-6	Cross right over left, (4) recover on left, (5) step right to right (6) (cross left over right to begin dance)

End of dance, start again and dance with a smile in your heart

(sandyutah82@gmail.com)