

# Gentle Warm And Kind

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Cliff Holland (UK)  
音樂: Gentle Warm And Kind - Merv & Maria



## HEEL DIGS: SAILOR CROSS STEP WITH ½ TURN (RIGHT AND LEFT)

- 1&2      Dig right heel diagonally forward, hook across left shin, dig right heel diagonally forward  
3&4      Step right foot behind left making ½ turn right, step left foot slightly to left, cross right foot in front of left foot  
5&6      Dig left heel diagonally forward, hook across right shin, dig left heel diagonally forward  
7&8      Step left foot behind right making ½ turn left, step right foot slightly to right, cross left foot in front of right foot

## SIDE ROCK-BACK-HOOK TWICE: FORWARD ROCK ½ TURN RIGHT-HITCH: BACK HITCHES

- 1&2&      Step right foot to right side, rock weight back onto left foot, step back on right foot, hook left foot across right shin  
3&4&      Step left foot to left side, rock weight back onto right foot, step back on left foot, hook right foot across left shin  
5&      Step forward on right foot, rock weight back onto left foot, make ½ turn right  
6&      Step forward onto right foot, hitch left foot  
7&8&      Step back onto left foot, hitch right, step back onto right foot, hitch left

## SIDE-TOGETHER: CHASSE WITH ¼ TURN (LEFT AND RIGHT)

- 1-2      Step left foot to left side, close right foot beside left  
3&4      Step left foot to left side, close right foot beside left, step left foot to left side making ¼ turn left  
5-6      Step right foot to right side, close left foot beside right  
7&8      Step right foot to right side, close left foot beside right, step right foot to right side making ¼ turn right

## PIVOT ½ TURN RIGHT: TRIPLE ½ TURN RIGHT: HEEL JACKS RIGHT AND LEFT

- 1-2      Step left foot forward, turn ½ right, transferring weight to right foot  
3&4      Make ½ turn right stepping left-right-left  
5&      Step back on right foot, tap left heel diagonally forward  
6&      Step back on left foot, step right foot in place beside left  
7&      Step back on left foot, tap right heel diagonally forward  
8&      Step back on right foot, step left foot in place beside right

REPEAT

---