

BE KIND TO ME

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Tammy Bosse (May 2021)

Music: Be Kind – Zak Abel

Begin after 16 counts

RIGHT SIDE SHUFFLE, ROCK STEP (LINDY), LEFT KICK BALL CHANGE - TWICE

- 1&2 Step right to right, step left next right, step right to right
- 3-4 Rock back on left replace weight forward on right
- 5&6 Kick Left foot diagonally, step on ball of left foot shift weight to Right foot
- 7&8 Kick Left foot diagonally, step on ball of left foot shift weight to Right foot

LEFT & RIGHT TOE STRUTS (MAKE A TOTAL 1/2 TURN RIGHT)

- 9-10 Touch Left toe side, shift weight to left heel
- 11-12 Turn ¼ turn right, touch Right toe forward, shift weight to right heel
- 13-14 Turn ¼ turn right, touch Left toe side, shift weight to left heel
- 15-16 Touch Right toe slightly forward, shift weight right heel

STEP, LOCK, STEP, BRUSH, ROCK STEP, ¼ TURN RIGHT, SIDE SHUFFLE

- 17-20 Step L forward, lock R behind L, step forward on L, brush R
- 21-24 Rock forward on Right foot, Recover weight on Left, ¼ right step together R, L, R

STEP LEFT FORWARD, SWIVEL RIGHT FOOT HEEL, TOE, HEEL – TWIST BOTH HEELS RIGHT, LEFT, RIGHT, FLICK

- 25-28 Stomp Left forward, swivel Right heel towards left foot, then right toe, then right heel
- 29-32 Twist both heels to the right, then toes to the right, then heels to the right
and flick right foot behind left knee

*Last 4 cts – 3:00 wall – Stomp Left, heel swifels – Turn your head so you are facing front wall.
END OF DANCE!

No tags....No restart

Enjoy & most importantly let's all be KIND to each other! 😊

countrygirl@cox.net