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| Humble and Kind! |  |

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| **Count:** | 48 | **Wall:** | 4 | **Level:** | Intermediate waltz | . |
| **Choreographer:** | Stephen Paterson (AUS) - January 2016 |
| **Music:** | Humble and Kind - Tim McGraw : (Album: Damn Country Music - iTunes - 4:20) |
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**Start dance after 48 counts**

**DANCE:**

**[1-12] Cross, Hold, Quarter Back, Back, Drag, Lock, Back, Together, Forward, Forward, Drag, Lock**

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| --- | --- |
| 1 2 3 | Step right across left, hold, turn 1/4 right then step left back - 3.00 |

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| 4 5 6 | Step right back, hold (dragging left into next step), lock left across right |

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| --- | --- |
| 1 2 3 | Step right back, step left beside right, step right forward |

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| 4 5 6 | Step left forward, hold (dragging right into next step), lock right in behind left - 3.00 |

**[13-24] Forward, Slow Sweep Quarter, Across, Quarter Back, Three Eights Forward, Forward, Slow Drag, Coaster Forward Right**

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| 1 2 3 | Step left forward, turn 1/4 left as you sweep right over 2 counts - 12.00 |

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| --- | --- |
| 4 5 6 | Step right across left, turn 1/4 right then step left back, turn 3/8 right then step right forward - 7.30 |

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| --- | --- |
| 1 2 3 | Step left forward, hold, hold (dragging right through into next step) |

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| 4 5 6 | Step right forward, step left beside right, step right back - 7.30 |

**[25-36] Back, Lock, Back, Half Forward, Slow Sweep, Cross, Rock Side, Recover, Cross, Quarter, Quarter**

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| 1 2 3 | Step left back, lock right across left, step left back |

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| --- | --- |
| 4 5 6 | Turn 1/2 right then step right forward, sweep left around over 2 counts - 1.30 |

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| 1 2 3 | Step left across right, rock step right out to side, recover weight onto left in place turning 1/8 left - 12.00 |

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| --- | --- |
| 4 5 6 | Step right across, turn 1/4 right then step left back, turn 1/4 right then step right out to side - 6.00 |

**[37-48] Rock Across, Hold, Hold, Recover, Hold, Quarter Forward, Step, Slow Half Pivot, Step, Slow Half Pivot**

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| --- | --- |
| 1 2 3 | Rock step left across right, hold, hold |

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| --- | --- |
| 4 5 6 | Recover weight back onto right in place, hold, turn 1/4 left then step left forward - 3.00 |

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| --- | --- |
| 1 2 3 | Step right forward, pivot 1/2 left keeping weight over right, take weight forward onto left in place - 9.00 |

|  |  |
| --- | --- |
| 4 5 6 | Step right forward, pivot 1/2 left keeping weight over right, take weight forward onto left in place - 3.00 |

**This is an original dance sheet, feel free to copy without change for distribution**

**LDSP - Stephen Paterson Mob: 0438 695 494, email: steve.cowboy@bigpond.com**