# Be Kind to the One You LOVE ..



Count: 32 Wall: 4 Level: Improver

Choreographer: Val Saari (CAN) - July 2020

Music: Be Kind - Marshmello & Halsey



## Begin after 8 counts

## BALL ROCK-STEP BACK/RECOVER LF, MAMBOS FWD/BACK, PRISSY WALKS RLR

&1	Rock quickly back on ball of RF (&), Recover LF
2&3	Rock forward on RF, Recover LF, Step back on RF
4&5	Rock back on LF, Recover RF, Step LF forward

6-7-8 Cross RF over left, pointing R toes left, Cross LF over right, pointing LF toes right (7), Cross

RF over left, pointing R toes left

## KICK TWICE, COASTER STEP, CROSS UNWIND 1/2 L, HEEL TWISTS RL

1-2	Kick LF	forward	twice

3&4 Step LF back, Close RF beside L, Step LF forward

5-6 Cross RF over L, Unwind 1/2 turn left7-8 Twist heels right, Twist heels left

## VINE RIGHT, SYNCOPATED SCISSORS, LINDY LEFT 1/4 R

1-2 Step RF to right side, Step LF behind R

3&4 Rock RF to right side, Recover LF, Cross RF over left

5&6 Shuffle left (LRL)

7-8 Rock back on RF Pivot 1/4 R, Recover on LF

#### V-STEP, STEP-TURN 1/4 LEFT TWICE

1-2 Step RF diagonally forward (1:00), Step LF diagonally forward (11:00)

3-4 Step RF back to centre, Step LF together
5-6 Step RF forward, Turn 1/4 left (weight on left)
7-8 Step RF forward, Turn 1/4 left (weight on left)

No tags, no restarts

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