

# Be Gentle With Me

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Tina Lincoln (UK)

**Music:** Gentle Warm And Kind - Merv & Maria



- 1-2 Right step to right side, step left foot beside right foot  
3&4 Right step to right, step left foot beside right foot, right step to right  
5-6 Left foot cross rock over right foot, rock back onto right foot  
7&8 Step left foot to left, step right foot beside left, step left foot ¼ turn to left
- 9-10 Right foot step forward, turn ½ turn to left  
11&12 Right foot step forward turning ¼ turn left, bring left foot beside right, step right foot forward turning ¼ turn left (right shuffle ½ turn left)  
13-14 Left foot rock back, rock forward onto right  
15&16 Step left foot forward, step right foot beside left, step left foot back (left forward coaster step)
- 17-18 Right foot rock back, rock forward onto left foot  
19&20 Step right foot forward, step left foot beside right, step right foot back (right forward coaster step)  
21-22 Step left foot back, turn ½ left over left shoulder  
23&24 Right foot step forward. Left foot step beside right, right foot step forward
- 25-26 Left foot step forward, pivot ½ turn to the right  
27&28 Step left foot forward, step right beside left, step left foot forward  
29&30 Right kick forward, step down onto ball of right foot, step on left foot (right kick ball change)  
31&32 Right kick forward, step down onto ball of right foot, step on left foot (right kick ball change)

**REPEAT**

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