

Be Kind

Compte: 32

Mur: 4

Niveau: Beginner



Chorégraphe: Bonita Malone (USA) - April 2025

Musique: Be Kind - Zak Abel

#16 count introduction

No Tags, No Restarts

VINE W/BRUSH, ROCK FWD, RECOVER, BACK, KICK

1,2,3,4 Step R side (1), cross L behind (2), step R side (3), brush L fwd (4)
5,6,7,8 Rock fwd on L (5), recover on R (6), step back on L (7), kick R fwd (8)

ROCK BACK, RECOVER, STEP FWD, PIVOT ¼ L, JAZZ BOX

1,2,3,4 Rock back on R (1), recover on L (2), step R fwd (3), pivot ¼ L (4)
5,6,7,8 Cross R over L (5), back on L (6), step L (7), step L cross frt (8) [9:00]

SIDE, TOUCH, STEP ¼ TURN, TOUCH, SIDE, TOUCH, STEP ¼ TURN, TOUCH

1,2,3,4 Step R side (1), touch L next to R (2), step ¼ turn L (3), touch R next to L (4) [6:00]

Optional claps on 2, &4

5,6,7,8 Step R side (5), touch L next to R (6), step ¼ turn L (7), touch R next to L (8) [3:00]

Optional claps on 6, &8

RUMBA BOX

1,2,3,4 Step R side (1), step L next to R (2), step R fwd (3), touch L next to R (4)
5,6,7,8 Step L side (5), step R next to L (6), step L back (7), touch R next to L (8)

Bonita73greenville@gmail.com

Last Update: 18 Apr 2025