

Humble and Kind

拍数: 96 墙数: 2 级数: Low Intermediate
编舞者: Darren Bailey (UK) - January 2016
音乐: Humble and Kind - Tim McGraw



Intro: 48 Counts

Think of this dance broken down into 3 sections. Section 1 is a 12 count pattern repeated. Section 2 is a 24 count pattern repeated. Section 3 is 24 counts.

Section 1: 24 Counts

½ Diamond Rotating L, Step Forward, Sweep, Step Forward, Sweep

- 1-2-3 Cross LF in front of RF, Step RF to R side, make a 1/8 turn L and step back on LF
- 4-5-6 Step back on RF, Make a 1/8 turn L and step LF to L side, Make a 1/8 turn L and step RF forward (7:30)
- 1-3 Step LF forward, Sweep RF from back to front over 2 counts (still facing 7:30)
- 4-6 Step RF forward, Sweep LF from back to front over 2 counts (Angle body to face 6:00)

½ Diamond Rotating L, Step Forward, Sweep, Step Forward, Sweep

- 1-2-3 Cross LF in front of RF, Step RF to R side, make a 1/8 turn L and step back on LF
- 4-5-6 Step back on RF, Make a 1/8 turn L and step LF to L side, Make a 1/8 turn L and step RF forward (1:30)
- 1-3 Step LF forward, Sweep RF from back to front over 2 counts (still facing 1:30)
- 4-6 Step RF forward, Sweep LF from back to front over 2 counts (still facing 1:30)

Section 2: 48 Counts

Forward Basic with L, Back Basic with R, Full Turning Waltz Step (Travelling)

- 1-2-3 Step LF forward, Close RF next to LF, Step LF in place
- 4-5-6 Step back on RF, Close LF next to RF, Step RF in place
- 1-2-3 Step forward on LF making a ¼ turn L, Make a ¼ turn L and step back on RF, Close LF next to RF (7:30)
- 4-5-6 Step RF back, Make a ¼ turn L and step LF to L side, Make a ¼ turn L and step forward on RF (facing 1:30)

Step Forward, Drag, Step Back, Drag, ½ turn L, Step Forward, Drag

- 1-3 Step LF forward, Drag RF towards LF over 2 counts
- 4-6 Step back on RF, Drag LF towards RF over 2 counts
- 1-3 Step forward on LF, Make a ½ turn L over 2 counts with RF next to L ankle (7:30)
- 4-6 Step RF forward, Drag LF toward RF over 2 counts (facing 7:30)

Forward Basic with L, Back Basic with R, Full Turning Waltz Step (Travelling)

- 1-2-3 Step LF forward, Close RF next to LF, Step LF in place
- 4-5-6 Step back on RF, Close LF next to RF, Step RF in place
- 1-2-3 Step forward on LF making a ¼ turn L, Make a ¼ turn L and step back on RF, Close LF next to RF (1:30)
- 4-5-6 Step RF back, Make a ¼ turn L and step LF to L side, Make a ¼ turn L and step forward on RF (facing 7:30)

Step Forward, Drag, Step Back, Drag, ½ turn L, Step Forward, Drag

- 1-3 Step LF forward, Drag RF towards LF over 2 counts
- 4-6 Step back on RF, Drag LF towards RF over 2 counts
- 1-3 Step forward on LF, Make a ½ turn L over 2 counts with RF next to L ankle (1:30)
- 4-6 Step RF forward, Drag LF toward RF over 2 counts (facing 1:30)

Section 3: 24 Counts

Full Diamond Rotating to L

- 1-2-3 Make a 1/8 turn L and cross LF in front of RF, Step RF to R side, Make a 1/8 turn L and step back on LF
- 4-5-6 Step back on RF, Make a 1/8 turn L and step LF to L side, Make a 1/8 turn L and step RF forward (7:30)
- 1-2-3 Make a 1/8 turn L and cross LF in front of RF, Step RF to R side, make a 1/8 turn L and step back on LF
- 4-5-6 Step back on RF, Make a 1/8 turn L and step LF to L side, Make a 1/8 turn L and step RF forward (1:30)

Step, Point Side, Hold, ½ turn R, Point, Hold, Step ¼ L, Sweep ¾ turn L, Step Side, Drag

- 1-3 Step LF forward to 12:00, Point RF to R side, Hold
- 4-6 Make ¼ turn R and step forward onto RF, Make a ¼ turn R and point LF to L side, Hold (6:00)
- 1-3 Make ¼ turn L and step forward onto LF, Make a ¾ turn L with RF next to L ankle, Hold (6:00)
- 4-6 Take a big step to the R with RF, Slowly drag LF to RF over 2 counts

Hope you enjoy the dance.

Live to Love; Dance to Express.
