

# Kind To Me

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Gary O'Reilly (IRE) - June 2021  
音乐: Be Kind - Zak Abel



Music Available from iTunes & Amazon  
#16 count intro - NO TAGS/RESTARTS

## Section 1: SIDE, DRAG, BEHIND SIDE CROSS, PUSH, RECOVER, CROSS, SIDE

- 1 2      Long step R to R side dragging L towards R (1), continue to drag L towards R (2)
- 3 & 4      Cross L behind R (3), step R to R side (&), cross L over R (4)
- 5 6      Push R out to R side (body on slight diagonal L) (5), recover on L (6)
- 7 8      Cross R over L (7), step L to L side (8)

## Section 2: ¼, HOLD, CROSS, UNWIND FULL TURN, SIDE, HOLD, BEHIND ¼, WALK

- 1 2      ¼ R stepping R to R side (1), HOLD (2) (3:00)
- 3 4      Cross L over R (3), unwind full turn over R taking weight onto R (weight ends on R) (4) (3:00)
- 5 6      Step L to L side (5), HOLD (6)
- & 7 8      Cross R behind L (&), ¼ L stepping forward on L (7), walk forward on R (8) (12:00)

## Section 3: FORWARD ROCK, BACK, SWEEP, BEHIND, SIDE, CROSS, HOLD

- 1 2      Rock forward on L (1), recover on R (2)
- 3 4      Step back on L (3), ronde sweep R from front to back (4)
- 5 6      Cross R behind L (5), step L to L side (6)
- 7 8      Cross R over L (7), HOLD (8)

## Section 4: BALL ROCK, CROSS, ¼, ¼, CROSSING SHUFFLE, CROSSING SHUFFLE

- & 1 2      Rock on ball of L to L side (&), recover on R (1), cross L over R (2)
- 3 4      ¼ L stepping back on R (3), ¼ L stepping L to L side (4) (6:00)
- 5 & 6      Cross R over L (5), small step on ball of L to L (&), cross R over L (6) \* dip into knees as you do the cross shuffle
- 7 & 8      ¼ L crossing L over R (7), ), small step on ball of R to R (&), cross L over R (8) (3:00)

\* dip into knees as you do the cross shuffle

Note - counts 5-8 are danced almost on the spot rather than travelling too much

ENDING: Dance 29 counts of Wall 11 finishing the dance crossing R over L facing (12:00)

Stay safe, keep dancing & be kind! x

Contact: Gary O'Reilly - oreillegaryone@gmail.com - 00353857819808  
<https://www.facebook.com/gary.reilly.104>  
[www.thelifeoreillydance.com](http://www.thelifeoreillydance.com)