Kind To Me

Count: 32   **Wall:** 4   **Level:** Intermediate

Choreographer: Gary O'Reilly (IRE) - June 2021

Music: 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

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