

# Be Kind to Me

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** High Beginner

**Choreographer:** Tammy Bosse (USA) - May 2021

**Music:** - Zak Abel

## Begin after 16 counts

### RIGHT SIDE SHUFFLE, ROCK STEP (LINDY), LEFT KICK BALL CHANGE - TWICE

- 1&2**      Step right to right, step left next right, step right to right
- 3-4**      Rock back on left replace weight forward on right
- 5&6**      Kick Left foot diagonally, step on ball of left foot shift weight to Right foot
- 7&8**      Kick Left foot diagonally, step on ball of left foot shift weight to Right foot

### LEFT & RIGHT TOE STRUTS (MAKE A TOTAL 1/2 TURN RIGHT)

- 9-10**      Touch Left toe side, shift weight to left heel
- 11-12**      Turn  $\frac{1}{4}$  turn right, touch Right toe forward, shift weight to right heel
- 13-14**      Turn  $\frac{1}{4}$  turn right, touch Left toe side, shift weight to left heel
- 15-16**      Touch Right toe slightly forward, shift weight right heel

### STEP, LOCK, STEP, BRUSH, ROCK STEP, $\frac{1}{4}$ TURN RIGHT, SIDE SHUFFLE

- 17-20**      Step L forward, lock R behind L, step forward on L, brush R
- 21-24**      Rock forward on Right foot, Recover weight on Left,  $\frac{1}{4}$  right step together R, L, R

### STEP LEFT FORWARD, SWIVEL RIGHT FOOT HEEL, TOE, HEEL - TWIST BOTH HEELS RIGHT, LEFT, RIGHT, FLICK

- 25-28**      Stomp Left forward, swivel Right heel towards left foot, then right toe, then right heel
- 29-32**      Twist both heels to the right, then toes to the right, then heels to the right and flick right foot behind left knee

**\*Last 4 cts - 3:00 wall - Stomp Left, heel swifels - Turn your head so you are facing front wall.**

**END OF DANCE!**

**No tags....No restart**

**Enjoy & most importantly let's all be KIND to each other! ?**

**Contact: [countrygirl@cox.net](mailto:countrygirl@cox.net)**

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