

# BE PATIENT

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**Count:** 48      **Wall:** 4      **Level:** beginner/intermediate

**Choreographer:** Mike Belk

**Music:** Patience (Almighty Anthem Mix) by Holly Lang

## **¼ TURN LEFT RECOVER, RIGHT SHUFFLE, ROCK RECOVER, COASTER**

- 1-2**      Rock to right on right, recover onto left turning ¼ left
- 3&4**      Step forward on right, step left next to right, step forward on right
- 5-6**      Rock forward on left, recover back onto right
- 7&8**      Step back on left, step back on right, step forward onto left

## **ROCK RECOVER, ¾ TURN RIGHT, ROCK RECOVER, ¼ TURN SAILOR STEP LEFT**

- 1-2**      Rock forward on right, recover back onto left
- 3&4**      Turn ¼ right step onto right, turn ¼ right step back on left, turn ¼ right step right to right side
- 5-6**      Rock on left to left side, recover onto right
- 7&8**      Step left behind right, step on right turning ¼ left, step left to left side

## **STEP HOLD, & STEP HOLD, CROSS UNWIND ½ TURN RIGHT, COASTER STEP**

- 1-2**      Step right to right side, hold
- &3-4**      Step left next to right, step right to right side, hold
- 5-6**      Cross left over right, unwind ½ turn right (keep weight on left)
- 7&8**      Step back onto right, step back left, step forward onto right

## **STEP LOCK, STEP LOCK STEP TWICE**

- 1-2**      Step diagonally left on left, lock right behind left
- 3&4**      Step diagonally forward on left, lock right behind left, step forward diagonally on left
- 5-6**      Step diagonally right on right, lock left behind right
- 7&8**      Step diagonally forward on right, lock left behind right, step diagonally forward on right

## **ROCK RECOVER, ¾ TURN LEFT, ROCK RECOVER, ¼ TURN SAILOR RIGHT**

- 1-2**      Rock forward on left, recover back onto right
- 3&4**      Turn ¼ left step onto left, turn ¼ left step back onto right, turn ¼ left step left to left side

**5-6** Rock forward on right, recover onto left

**7&8** Step right behind left, step onto left turning  $\frac{1}{4}$  right, step right to right side

**STEP HOLD, COASTER CROSS, ROCK RECOVER, BEHIND SIDE CROSS**

**1-2** Step forward onto left, hold

**3&4** Step back onto right, step back onto left, cross right over left

**5-6** Rock left to left side, recover onto right

**7&8** Step left behind right, step right to right side, step left over right

**REPEAT**