



# Be Gentle With Me



STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Side, Close, Chasse Right, Rock Step, Chasse 1/4 Turn Left.</b>		
1 - 2	Step right to right side. Close left beside right.	Side. Close.	Right
3 & 4	Step right to right side. Close left beside right. Step right to right side.	Side Close Side	
5 - 6	Rock left forward across right. Rock back onto right.	Forward. Rock	Forward
7 & 8	Step left to left side. Close right beside left. Step left 1/4 turn left.	Side Close Turn.	Turning left
<b>Section 2</b>	<b>Step 1/2 Pivot Left, Shuffle 1/2 Turn, Back Rock, Forward Coaster.</b>		
9 - 10	Step forward right. Pivot 1/2 turn left.	Step. Turn.	Turning left
11 & 12	Shuffle step making 1/2 turn left, stepping Right, Left. Right.	Shuffle Turn.	
13 - 14	Rock back on left. Rock forward onto right.	Back. Rock.	Back
15 & 16	Step forward left. Step right beside left. Step back left.	Coaster Step	On the spot
<b>Section 3</b>	<b>Back Rock, Forward Coaster, Reverse 1/2 Turn Left, Shuffle Forward.</b>		
17 - 18	Rock back on right. Rock forward onto left.	Back. Rock.	Back
19 & 20	Step forward right. Step left beside right. Step back right.	Coaster Step	Forward
21 - 22	Step left toe back. Reverse 1/2 turn left.	Back. Turn.	Turning left
23 & 24	Step forward right. Close left beside right. Step forward right.	Right Shuffle	Forward
<b>Section 4</b>	<b>Step 1/2 Pivot Right, Shuffle Forward, Right Kick Ball Change x 2.</b>		
25 - 26	Step forward left. Pivot 1/2 turn right.	Step. Pivot.	Turning right
27 & 28	Step forward left. Close right beside left. Step forward left.	Left Shuffle	Forward
29 & 30	Kick right forward. Step right beside left. Step onto left in place.	Kick Ball Change	On the spot
31 & 32	Kick right forward. Step right beside left. Step onto left in place.	Kick Ball Change	

BEGINNER/INTERMEDIATE

**4 Wall Line Dance:-** 32 Counts. Beginner/Intermediate Level.

**Choreographed by:-** Tina Lincoln (UK).

**Choreographed to:-** 'Gentle Warm & Kind' by Merv & Maria (88 bpm) from Life Is A Journey CD (8 count intro) and also available on Line Dance Hits From The Jukebox.