

## Be Patient

48 count, 4 wall, Intermediate level

Choreographer: Mike Belk (UK) Mar 2007

Choreographed to: Patience by Holly Lang  
(120 bpm)

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Intro 32 counts.

### **1/4 Turn Left Recover, Right Shuffle, Rock Recover, Coaster**

- 1 - 2 Rock to Right on Right, recover onto Left turning 1/4 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, 3/4 Turn Right, Rock Recover, 1/4 Turn Sailor Step Left**

- 1 - 2 Rock forward on Right, recover back onto Left
- 3 & 4 Turn 1/4 Right step onto Right, turn 1/4 Right step back on Left, turn 1/4 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 1/4 Left, step Left to Left side

### **Step Hold, & Step Hold, Cross Unwind 1/2 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 1/2 turn Right (keep weight on Left)
- 7 & 8 Step back onto Right, step back Left, step forward onto Right

### **Step Lock, Step Lock Step X 2**

- 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, 3/4 Turn Left, Rock Recover, 1/4 Turn Sailor Right**

- 1 - 2 Rock forward on Left, recover back onto Right
- 3 & 4 Turn 1/4 Left step onto Left, turn 1/4 Left step back on Right, turn 1/4 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 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