

Humble and Kind

48 Count, 2 Wall, Beginner

Choreographer: Beth Freeland (UK) Jul 2016

Choreographed to: Humble and Kind by Tim McGraw

48 Count Intro

Section 1: Step, Sweep, Step, Sweep

1,2,3 Step forward right, sweep left forward 2 counts

4,5,6 Step forward left, sweep right forward 2 counts

Section 2: Rock Forward, Hold, Rock Back, Hold

1,2,3 Rock forward onto right lifting left foot back, Hold 2 counts

4,5,6 Rock back onto left lifting right foot in front, Hold 2 counts

Section 3: Sweep, Step, ¼ Sailor Left

1,2,3 Sweep right back 2 counts and step on right

4,5,6 Sweep LT back behind RT making ¼ turn left and step, step right to RT side, step LT next to RT, taking weight on left

Section 4: Sway Right, Sway Left

1,2,3, Sway right 3 counts taking weight onto right

4,5,6 Sway left 3 counts taking weight onto left.

Section 5: Rock Back, Rock Forward

1,2,3 Rock back on right, 3 counts

4,5,6 Rock forward on left, 3 counts

Section 6: Step ½ Turn Right, Rock Back, Hold

1,2,3 Step forward right making half a turn left, stepping back on left, step on right

4,5,6 Rock back on left, raising right foot forward and hold.

Section 7: Step, Sweep, Step, Sweep

1,2,3, Step forward on right, sweep left 2 counts

4,5,6 Step forward on left, sweep right 2 counts

Section 8: Step, Sweep, Step Left, Right, Left Make 1/4 Turn Right,

1,2,3 Step right forward, sweep left 2 counts

4,5,6 Step left, right, left making a ¼ right.

Enjoy