

Kind To Me

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Intermediate Level Dance.
Choreographed by: Gary O'Reilly (IRL) Jun 2021
Choreographed to: Be Kind by Zak Abel
Intro: 16 Counts. Start on vocal at approx 8 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 1-2 3&4 5-6 7-8	SIDE, DRAG, BEHIND SIDE CROSS, PUSH, RECOVER, CROSS, SIDE Long step R to R side dragging L towards R, continue to drag L towards R Cross L behind R, step R to R side, cross L over R Push R out to R side (body on slight diagonal L), recover on L Cross R over L, step L to L side
SEC 2 1-2 3-4 5-6 &7-8	1/4, HOLD, CROSS, UNWIND FULL TURN, SIDE, HOLD, BEHIND 1/4, WALK 1/4 R stepping R to R side, HOLD (3:00) Cross L over R, unwind full turn over R taking weight onto R (weight ends on R) (3:00) Step L to L side, HOLD Cross R behind L, 1/4 L stepping forward on L, walk forward on R (12:00)
SEC 3 1-2 3-4 5-6 7-8	FORWARD ROCK, BACK, SWEEP, BEHIND, SIDE, CROSS, HOLD Rock forward on L, recover on R Step back on L, ronde sweep R from front to back Cross R behind L, step L to L side Cross R over L, HOLD
SEC 4 &1-2 3-4 5&6 Note 7&8 Note	BALL ROCK, CROSS, ¼, ¼, CROSSING SHUFFLE, CROSSING SHUFFLE Rock on ball of L to L side, recover on R, cross L over R ¼ L stepping back on R, ¼ L stepping L to L side (6:00) Cross R over L, small step on ball of L to L, cross R over L Dip into knees as you do the cross shuffle ¼ L crossing L over R, small step on ball of R to R, cross L over R (3:00) Dip into knees as you do the cross shuffle Counts 5-8 are danced almost on the spot rather than travelling too much
Ending	Dance 29 counts of Wall 11 finishing the dance crossing R over L facing (12:00)

