Kind To Me
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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 SIDE, DRAG, BEHIND SIDE CROSS, PUSH, RECOVER, CROSS, SIDE
1-2 Long step $R$ to $R$ side dragging $L$ towards $R$, continue to drag $L$ towards $R$
$3 \& 4 \quad$ Cross $L$ behind $R$, step $R$ to $R$ side, cross $L$ over $R$
5-6 Push $R$ out to $R$ side (body on slight diagonal $L$ ), recover on $L$
7-8 Cross $R$ over $L$, step $L$ to $L$ side

SEC 2 ¼, HOLD, CROSS, UNWIND FULL TURN, SIDE, HOLD, BEHIND $1 ⁄ 4$, WALK
1-2 $\quad 1 / 4 R$ stepping $R$ to $R$ side, HOLD (3:00)
3-4 Cross $L$ over $R$, unwind full turn over $R$ taking weight onto $R$ (weight ends on $R$ ) (3:00)
5-6 Step L to L side, HOLD
\&7-8 Cross $R$ behind $L, 1 / 4 L$ stepping forward on $L$, walk forward on $R(12: 00)$
SEC 3 FORWARD ROCK, BACK, SWEEP, BEHIND, SIDE, CROSS, HOLD
1-2 Rock forward on $L$, recover on $R$
3-4 Step back on $L$, ronde sweep $R$ from front to back
5-6 $\quad$ Cross $R$ behind $L$, step $L$ to $L$ side
7-8 Cross R over L, HOLD

SEC 4 BALL ROCK, CROSS, $1 \not 14,1 / 4$, , CROSSING SHUFFLE, CROSSING SHUFFLE
\&1-2 Rock on ball of $L$ to $L$ side, recover on $R$, cross $L$ over $R$
3-4 $\quad 1 / 4 L$ stepping back on $R, 1 / 4 L$ stepping $L$ to $L$ side (6:00)
5\&6 Cross $R$ over $L$, small step on ball of $L$ to $L$, cross $R$ over $L$
Note Dip into knees as you do the cross shuffle
7\&8 $\quad 1 / 4 L$ crossing $L$ over $R$, small step on ball of $R$ to $R$, cross $L$ over $R(3: 00)$
Note 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)

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