



Be Kind (To Me)

32 Count 4 Wall Improver Level Dance.
Choreographed by: Flora Petrie (UK) Sept 2026
Choreographed to: Be Kind by Zak Abel
Intro: 16 Counts. Start at approx 7 secs.

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

SEC 1 SIDE, TOGETHER, CHASSE, CROSS ROCK, CHASSE ¼

- 1-2 Step R to right side, step L next to R
- 3&4 Step R to right side, step L next to R, step R to right side
- 5-6 Cross rock L over R, recover weight on R
- 7&8 Step L to left side, step R next to L, turn ¼ left stepping forward on L (9:00)

SEC 2 ½ BACK, TOUCH, BACK, TOUCH, ROCK BACK, WALK, WALK

- 1-2 Turn ½ left stepping back on R, touch L toe in place (3:00)
- 3-4 Step back on L, touch R toe in place
- 5-6 Rock back on R, recover weight on L
- 7-8 Walk forward on R, walk forward on L

SEC 3 CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS, SWEEP

- 1-2 Cross R over L, step L to left side
- 3-4 Cross R behind L, sweep L round from front to back
- 5-6 Cross L behind R, step R to right side
- 7-8 Cross L over R, sweep R round from back to front

SEC 4 ROCK, SHUFFLE ½, ROCK, COASTER CROSS

- 1-2 Rock forward on R, recover weight on L
- 3&4 Turn ¼ right stepping R to right side, step L next to R, turn ¼ right stepping R to right side (9:00)
- 5-6 Rock forward on L, recover weight on R
- 7&8 Step back on L, step R next to L, cross L over R