



A Helping Hand (Be Kind)

Choreographed by: **Wanda Heldt** - Perth W.A - May 2020

Music: **Be Kind** by Owen Mac - *Start on words Be Kind* - [16ct] Intro.

Description: **32count - 2 Wall** - Easy Intermediate Line dance with a **2 ct. Tag on Wall 7**
Whenever one can! give A Helping Hand - Be Kind to each other in Good or Bad times.

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*Dedicated to Dear Yvonne & Rob Richardson and Team All Volunteers at Shoebox House, Southern River, Perth WA. Such Kind Hearts - They work Tirelessly from January to November - Making clothes/school bags/toiletries bag, pencil cases, hats, etc.etc. to fill boxes and packing around 5 to 6000 shoeboxes each year to sent to Children less fortunate than ours. This song IS for them - they keep on working year after year in cramped space whatever the weather is etc. - **Shoebox house** has been going for over 20years + **At the moment in this Lockdown they all working from home - Never stop working. God Bless XX***

CROSS RIGHT SAMBA STEP, CROSS LEFT SAMBA STEP

CROSS RIGHT SAMBA STEP, 1/2 TURN RIGHT,

- 1&2 Step Right across Left, Rock Left to Left side, Recover on Right.
- 3&4 Step Left over Right, Rock Right to High side, Recover on Left.
- 5&6 Step Right across Left, Rock Left to Left side, Recover on Right.
- 7&8 Step forward on Left, 1/2 turn Right on Right, Step forward on Left. [6:00]

STARTING with the RIGHT - HEEL, TOE, TOUCH, STEP - HEEL, TOE, TOUCH, STEP

1/4 TURN LEFT, SHUFFLE FORWARD L.R.L. KICKBALL, TOUCH

- 1&2& Touch Right heel forward, Step Right next to left, Touch Left Toe next to Right, Step on Left.
- 3&4 Touch Right heel forward, Step Right next to left, Touch Left Toe next to Right.
- 5&6 1/4 turn Left Shuffle forward L.R.L. [3:00]
- 7&8 Kick Right forward, Step Right next to Left, Point Left toe to side.

Add 2 ct. Tag here - on Wall 7 -

[Turn a 1/4 turn Right step on Left to Left side, Hold Wt. on L] - Restart Dance [S.1] facing [6]

LEFT SAILOR STEP, RIGHT SAILOR with a 1/4 Turn RIGHT, HEEL,TOE, HEEL,TOE

- 1&2 Sweep Left step behind Right, Step Right in place, Step Left to Left side.
- 3&4 Sweep Right step behind Left with a 1/4 turn Right, Step Left in place, Step Right to Right side.[6]
- 5&6 Touch Right heel forward, Step Right next to left, Touch Left Toe next to Right, Step on Left.
- 7&8 Touch Left Heel Forward, Step Left next to Right, Touch Right toe next to Left.

1/8 TURN to LEFT DIAGONAL - RIGHT BACK LOCK STEP, R.L.R.

1/2 TURN LEFT to LEFT DIAGONAL - SHUFFLE or LEFT LOCK STEP FORWARD L.R.L.

1/8 TURN to [9] RIGHT BACK LOCK STEP, R.L.R.

1/4 TURN LEFT to [6] SHUFFLE FORWARD L.R.L.

- 1&2 Turn 1/8 to Left Diagonal as you Step back on Right, Step Left over Right, Step back on Right.
- 3&4 Turn 1/2 Left to face L.Diagonal - Shuffle Forward L.R.L. or Lock Step L.R.L.forward.
- 5&6 Turn 1/8 to [9:00] as you Step back on Right, Step Left over Right, Step back on Right.
- 7&8 Turn 1/4 Left to [6:00] Shuffle forward L.R.L. *End of Dance. :-)*

Restart dance.....HAVE FUN IN LIFE & IN DANCE