Be Friendly

Choreographer : Ole Jacobson (DE) & Nina K.

Type of dance : 2 Wall

Level : Improver

Counts : 32

Intro : 32 counts

Music : Try a Little Kindness – by Frisk Luft

      Or Try a Little Kindness – by Rune Larsen

(Sec.1) Step, Recover, Back, Coaster-Step, Heel-Strut (R+L), Shuffle fwd

1&2	RF step forward – Shift weight to LF – RF step back
3&4	LF step back – RF next to LF – LF step forward
5&	RF step forward (only put the heel down) – RF down
6&	LF step forward (only put the heel down) – LF down

Restart: in the 3nd wall, stop here and start again(12:00)

7&8	RF step forward – LF next to RF – RF step forward

(Sec.2) Step, Recover, Back, Coaster-Step, Step, Touch, Back, Shuffle back ½ turn L

1&2	LF step forward – Shift weight to RF – LF step back
3&4	RF step back – LF place next to RF – RF step forward
5&6	LF step forward – Touch RF behind LF (toes only) – RF step back
7&	¼ turn L, LF step left – Place RF next to LF (9:00)
8	¼ turn L, LF step forward (6:00)

(Sec.3) Chassee R 1/4 Turn L, Coaster-step, Step, Back 1/2 Turn R, Scissor-Step ¼ Turn R

1&2	RF step right – LF step next to RF – ¼ turn L, RF step back (3:00)
3&4	LF step back – RF next to LF – LF step forward
5	RF step forward
6	½ turn R, LF step back (9:00)
7&8	¼ turn R, RF step to the right – LF next to RF – RF cross over LF (12:00)

(Sec.4) Weave L, Scissor-Step, Back ¼ Turn L, Side ¼ Turn L, Toe-Strut (R+L)

1&2	LF step to the left – RF cross behind LF – LF step to the left
&	Cross RF over LF
3&4	LF Step to the left – RF next to LF – LF cross over RF
5	¼ turn L, RF step back (9:00)
6	¼ turn L, LF step to the left (6:00)
7&	RF touch the Toes forward – RF set down
8&	LF touch the Toe at the front – LF set down

Start Again

Restart: in the 3nd wall restart after the first 6 counts of the 1st section (12:00)

TAG: At the end of the 5th wall, dance the first 6 counts twice in a row, then take an additional 2 steps forward (R-L) and start the dance again (12:00)