

BE KIND

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Email: rikkisrounds73@gmail.com **Website:** www.rikkisrounds.com
Music: "Be Kind" by Zak Abel **Available:** Amazon Download
Time: 3:02 @ 43.5-44 RPM (or comfort) **Difficulty:** Average
YouTube Link: [You Tube Video Link](#)
Rhythm/Phase: Cha-Cha, ROUNDALAB Phase III+1+2 [Triple Cha] [Chase w/Full Turns, Bk Shldr to Shldr]
Footwork: Opposite, directions for M (except where noted)
Sequence: Intro-A-B-C-A-B-C-D-C-End **Release:** April 11, 2026

INTRO

[NO HNDS] WAIT ; WAIT ; CHASE w/FULL TURNS to BFLY WALL ; ;

- 1-2 Wait 2 meas no hnds jnd fcg ptr and wall with lead foot free;;
3 Fwd L trng 1/2 RF, fwd R trng 1/2 RF to fc ptr, bk L/cl R, bk L (*W rk bk R, rec L, fwd R/cl L, fwd R*);
4 Rk bk R, rec L, fwd R/cl L, fwd R (*W fwd L trng 1/2 RF, fwd R trng 1/2 RF to fc ptr, bk L/cl R, bk L*) to BFLY WALL;

PART A

[BFLY WALL] HALF BASIC ; WHIP 1/4 LOD ; CHASE PEEK-A-BOO 3/4 ; ; ;

- 1 Fwd L, rec R, sd L/cl R, sd L;
2 Bk R trng 1/8 LF, rec fwd L trng 1/8 LF, sd R/cl L, sd R (*W fwd L outsd M, fwd R trng LF 1/4, sd L/cl R, sd L*) to LOD;
3 Fwd L trng 1/2 RF to RLOD, rec R, fwd L/cl R, fwd L (*W bk R, rec L, fwd R/cl L, fwd R*);
4 Sd R looking over lt shldr, rec L, in place R/L, R (*W sd L, rec R, in place L/R, L*);
5 Sd L looking over rt shldr, rec R, in place L/R, L (*W sd R, rec L, in place R/L, R*);

[TANDEM RLOD] BOTH CHASE TURN TO TANDEM LOD ; SLIDING DOOR – 2X ; ;

- 6 Fwd R trng 1/2 LF, rec L, fwd R/cl L, fwd R (*W fwd L trng 1/2 RF, rec R, fwd L/cl R, fwd L*) to TANDEM LOD;
7-8 Rk sd L, rec R, XLIF/sd R, XLIF passing beh W (*W rk sd R, rec L, XRIF/sd L, XRIF passing in front of M chg sds*) to LOP LOD; Rk sd R, rec L, XRIF/sd L, XRIF passing beh W chg sds (*W rk sd L, rec R, XLIF/sd R, XLIF passing in front of M chg sds*) to OP LOD;

[LOP LOD] CIRCLE AWAY & TOGETHER ; ; TIME STEP – 2X ; ;

- 9 Separating from ptr and moving awy in a circular pattern fwd L, fwd R, fwd L/cl R, fwd L;
10 Cont circular pattern toward ptr fwd R, fwd L, fwd R/cl L, fwd R to WALL ;
11-12 XLIB, rec R, sd L/cl R, sd L; XRIB, rec L, sd R/cl L, sd R to BFLY WALL;

[BFLY WALL] SAND STEP – 2X ; ; SIDE WALK 1/2 ; SPOT TURN to BFLY WALL ;

- 13 Swiveling slightly to R on the R foot rotate the L knee inward to tch the L toe to the instep of the R foot [no weight change], swiveling slightly to L on the R foot rotate the L knee outward to tch the L heel to the floor [no weight change], swiveling slightly to R on the R foot XLIF/sd R, XLIF;
14 Swiveling slightly to L on the L foot rotate the R knee inward to tch the R toe to the instep of the L foot [no weight change], swiveling slightly to R on the L foot rotate the R knee outward to touch the R heel to the floor [no weight change], swiveling slightly to L on the L foot XRIF/sd L, XRIF;
15 Sd L, cl R, sd L/cl R, sd L;
16 Swivel 1/4 on ball of left foot fwd R trng 1/2 LF, rec L trng 1/4 LF to BFLY WALL, sd R/cl L, sd R;

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PART B

[BFLY WALL]

CHASE w/UNDERARM PASS ; ; CRAB WALKS ; ;

- 1 Fwd L trng 1/2 RF trn keeping lead hnds jnd, rec fwd R, fwd L/cl R, fwd L (*W bk R keeping lead hnds jnd, rec L, fwd R/cl L, fwd R twd M's left sd*);
- 2 Bk R raising jnd lead hnds, rec L to BFLY COH, sd R/cl L, sd R (*W fwd L, fwd R trng 1/2 LF under jnd lead hnds to BFLY, sd L/cl R, sd L*) to BFLY WALL;
- 3-4 Moving twd LOD XLIF, sd R, XLIF/sd R, XLIF; Sd R, XLIF, sd R/cl L, sd R;

[BFLY WALL]

CHASE w/UNDERARM PASS ; ; REVERSE UNDERARM TURN ; BACK SHOULDER TO SHOULDER ;

- 5-6 Repeat meas 1-2 of PART B to BFLY WALL;;
- 7 XLIF, rec R to BFLY WALL, sd L/cl R, sd L (*W swivel 1/4 LF on ball of left foot step fwd R trng 1/2 LF, rec R trng 1/4 LF to BFLY, sd R/cl L, sd R*);
- 8 To SCAR bk R twd DLC, rec L to fc, sd R/cl L, sd R;

PART C

[BFLY WALL]

CHASE w/TRIPLE CHA to COH ; ; BOTH TRN & TRIPLE CHA to WALL ; ;

- 1 Fwd L comm 1/2 RF trn to TANDEM COH, rec fwd R, fwd L/lk RIB, fwd L with left arm (*W right arm*) fwd parallel to floor and right arm (*W left arm*) back behind body parallel to floor;
- 2 1&23&4 Fwd R/lk LIB, fwd R with right arm (*W left arm*) fwd parallel to floor and left arm (*W right arm*) back behind body parallel to floor, fwd L/lk RIB, fwd L with left arm (*W right arm*) fwd parallel to floor and right arm (*W left arm*) back behind body parallel to floor;
- 3 Fwd R comm 1/2 LF trn to TANDEM WALL, rec fwd L, fwd R/lk LIB, fwd R with right arm (*W left arm*) fwd parallel to floor and left arm (*W right arm*) back behind body parallel to floor;
- 4 1&23&4 Fwd L/lk RIB, fwd L with left arm (*W right arm*) fwd parallel to floor and right arm (*W left arm*) back behind body parallel to floor, fwd R/lk LIB, fwd R with right arm (*W left arm*) fwd parallel to floor and left arm (*W right arm*) back behind body parallel to floor;

[TANDEM WALL]

FINISH CHASE ; ; SHOULDER to SHOULDER – 2X ; ;

- 5-6 Fwd L, rec R to BFLY WALL, bk L/cl R, bk L (*W fwd R comm 1/2 LF trn, rec fwd L to BFLY WALL, fwd R/cl L, fwd R*); Bk R, rec L, fwd R/cl L, fwd R (*W fwd L, rec R, bk L/cl R, bk L*);
- 7-8 Fwd L to BFLY SCAR, rec R to fc, sd L/cl R, sd L; Fwd R to BFLY BJO, rec L to fc, sd R/cl L, sd R;

REPEAT PART A

REPEAT PART B

REPEAT PART C

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PART D

[BFLY WALL] OPEN BREAK ; UNDERARM TURN ; LARIAT ~ BOTH END w/SD CHA ; ;

- 1 Rk apart strongly on L to LOP while extending free arm out to side with palm down, rec on R lowering free arm, sd L/cl R, sd L;
- 2 Raising jnd lead hnds trn body slightly RF bk R, rec L squaring to WALL, sd R/cl L, sd R (*W swiveling 1/4 RF on ball of right foot step fwd L trng 1/2 RF, rec fwd R, fwd L/cl R, fwd L to M's right sd*);
- 3-4 Raising jnd lead hnds sd L, rec R, cl L/sip R, sip L (*W circle RF w/jnd lead hnds fwd R, fwd L, fwd R/cl L, fwd R crossing behind M*); Bk R, rec L to BFLY, sd R/cl L, sd R (*W cont circle RF w/jnd lead hnds fwd L, fwd R to fc ptr BFLY, sd L/cl R, sd L*);

[BFLY WALL] HAND to HAND – 2X ; ; FENCE LINE – 2X ; ;

- 5-6 Swiveling sharply 1/4 LF on ball of right foot step bk L to OP LOD, rec R trng 1/4 to fc ptr BFLY WALL, sd L/cl R, sd L; Swiveling sharply 1/4 RF on ball of left foot step bk R to LOP RLOD, rec L trng 1/4 to fc ptr BFLY WALL, sd R/cl L, sd R;
- 7-8 X lunge L thru to RLOD with bent knee looking twd RLOD, rec R to fc ptr, sd L/cl R, sd L; X lunge R thru to LOD with bent knee looking twd LOD, rec L to fc ptr, sd R/cl L, sd R;

REPEAT PART C

END

[BFLY WALL] CHASE w/FULL TURNS to BFLY WALL ; ; HALF BASIC ; WHIP 1/4 to LOD ;

- 1-2 Repeat meas 3-4 of INTRO to BFLY WALL;;
- 3-4 Repeat meas 1-2 of PART A to LOD;;

[BFLY LOD] CHASE 1/2 to TANDEM LOD ; ; BOTH PEEK w/HANDS IN SHAPE OF HEART ♥ ;

- 5 Fwd L comm 1/2 RF trn, rec fwd R, fwd L/cl R, fwd L (*W bk R, rec L, fwd R/cl L, fwd R*) to TANDEM COH;
- 6 Fwd R comm 1/2 LF trn, rec fwd L, fwd R/cl L, fwd R (*W fwd L comm 1/2 RF trn, rec fwd R, fwd L/cl R, fwd L*) to TANDEM WALL;
- 7 1 Sd Lpeek over W's L shldr (*W sd R peek over L shldr*) and look at ptr with hands in shape of heart, -, -, -;

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HEAD CUES

INTRO

[NO HNDS]

WAIT ; ; CHASE w/FULL TURNS to BFLY WALL ; ;

PART A

[BFLY WALL]

HALF BASIC ; WHIP 1/4 LOD ; CHASE PEEK-A-BOO 3/4 ; ; ;

[TANDEM RLOD]

BOTH CHASE TURN TO TANDEM LOD ; SLIDING DOOR – 2X ; ;

[LOP LOD]

CIRCLE AWAY & TOGETHER ; ; TIME STEP – 2X ; ;

[BFLY WALL]

SAND STEP – 2X ; ; SIDE WALK 1/2 ; SPOT TURN to BFLY WALL ;

PART B

[BFLY WALL]

CHASE w/UNDERARM PASS ; ; CRAB WALKS ; ;

[BFLY WALL]

CHASE w/UNDERARM PASS ; ; REV UNDERARM TURN ; BK SHOULDER TO SHOULDER ;

PART C

[BFLY WALL]

CHASE w/TRIPLE CHA to COH ; ; BOTH TRN & TRIPLE CHA to WALL ; ;

[TANDEM WALL]

FINISH CHASE ; ; SHOULDER to SHOULDER – 2X ; ;

PART A

[BFLY WALL]

HALF BASIC ; WHIP 1/4 LOD ; CHASE PEEK-A-BOO 3/4 ; ; ;

[TANDEM RLOD]

BOTH CHASE TURN TO TANDEM LOD ; SLIDING DOOR – 2X ; ;

[LOP LOD]

CIRCLE AWAY & TOGETHER ; ; TIME STEP – 2X ; ;

[BFLY WALL]

SAND STEP – 2X ; ; SIDE WALK 1/2 ; SPOT TURN to BFLY WALL ;

PART B

[BFLY WALL]

CHASE w/UNDERARM PASS ; ; CRAB WALKS ; ;

[BFLY WALL]

CHASE w/UNDERARM PASS ; ; REV UNDERARM TURN ; BK SHOULDER TO SHOULDER ;

PART C

[BFLY WALL]

CHASE w/TRIPLE CHA to COH ; ; BOTH TRN & TRIPLE CHA to WALL ; ;

[TANDEM WALL]

FINISH CHASE ; ; SHOULDER to SHOULDER – 2X ; ;

PART D

[BFLY WALL]

OPEN BREAK ; UNDERARM TURN ; LARIAT ~ BOTH END w/SD CHA ; ;

[BFLY WALL]

HAND to HAND – 2X ; ; FENCE LINE – 2X ; ;

PART C

[BFLY WALL]

CHASE w/TRIPLE CHA to COH ; ; BOTH TRN & TRIPLE CHA to WALL ; ;

[TANDEM WALL]

FINISH CHASE ; ; SHOULDER to SHOULDER – 2X ; ;

END

[BFLY WALL]

CHASE w/FULL TURNS to BFLY WALL ; ; HALF BASIC ; WHIP 1/4 to LOD ;

[BFLY LOD]

CHASE 1/2 to TANDEM LOD ; ; BOTH PEEK w/HANDS IN SHAPE OF HEART ♥ ;