



Humble and Kind

Choreographer: Jim & Kathie Kline, 207 N. Mason Street, Smithfield, VA 23430

Email: jim@kallingkline.com; Released: October 2016

Record: Tim McGraw; CD "Damn Country Music", Track 11 (2015); Download available

Time/Speed: 4:15 @ 100%

Rhythm: Slow Two Step; Phase IV+1 (Triple Traveler); Difficulty: Average

Footwork: Opposite unless noted (Woman's footwork in parenthesis)

Especially choreographed for J.C. & Pris Collins

Sequence: INTRO, A, B, A, B, C, A, END

INTRODUCTION

1-4 (OP FCG) WAIT 2 ;; APT PT, TOG TCH (CPW) ;

1-2 In low BFLY M fcg WALL Id ft free for both wait 2 measures;;

3-4 bk L,-,pt R,-; fwd R,-, tch L to CP WALL,-;

5-8 SIDE DRAW TCH L & R ;; HIPS ROCKS IN 2 TWICE ;;

5-6 in LCP WALL sd L,-, drw R to L, tch R ; sd R,-, drw L to R, tch L;

7-8 Sd L,-, sd R,-; Sd L,-, sd R blending to BFLY WALL,-;

PART A

1-4 BASIC ;; CROSS BODY ; REVERSE UNDERARM TURN ;

1-2 Sd L, -, XRIBL (XLIBR), rec L; Sd R, -, XLIBR (XRIBL), rec R;

3-4 sd & bk L trn 1/4 LF,-, slip R trn 1/4 LF, rec L (w sd & fwd R,-, fwd L trn 1/2 LF, sd R); Sd R leading W to wrap LF under lead arms, -, bk L, rec R (W sd L,-, comm LF trn undr jnd lead hnds XRIFL cont LF trn, fwd L);

5-8 OPEN BASIC TO 1/2 OP ; LADY SWITCH ; UNDERARM TURN ; BASIC ENDING ;

5-6 Sd L, -, XRIBL (XLIBR), rec L; fwd R (W Xif of M sd L trng RF) to 1/2 OP LOD, -, fwd L, fwd R;

7-8 Sd R leading W under lead arms,-, bk L, rec R (W sd L,-, comm LF trn undr jnd lead hnds XRIFL cont LF trn, fwd L); Sd R,-, XLIB, rec R end in CP Wall ;

9-12 BASIC ;; CROSS BODY ; REVERSE UNDERARM TURN ;

9-10 Sd L, -, XRIBL (XLIBR), rec L; Sd R, -, XLIBR (XRIBL), rec R;

11-12 sd & bk L trn 1/4 LF,-, slip R trn 1/4 LF, rec L (w sd & fwd R,-, fwd L trn 1/2 LF, sd R); Sd R leading W to wrap LF under lead arms, -, bk L, rec R (W sd L,-, comm LF trn undr jnd lead hnds XRIFL cont LF trn, fwd L);

13-16 OPEN BASIC TO 1/2 OP ; LADY SWITCH ; UNDERARM TURN ; BASIC ENDING ;

- 13-14 Sd L, -, XRIBL (XLIBR), rec L; fwd R (W Xif of M sd L trng RF) to 1/2 OP LOD, -, fwd L, fwd R;
- 15-16 Sd R leading W under lead arms,-, bk L, rec R (W sd L,-, comm LF trn undr jnd lead hnds XRIFL cont LF trn, fwd L); Sd R,-, XLIB, rec R end in CP Wall ;

PART B

1-4 TRIPLE TRAVELER ;;; BASIC ENDING (COH) :

- 1-2 comm LF trn brng W in frnt sd & fwd L fc LOD,-, cont LF trn sd R brng ld hnds thru, XLIF to fc ptr & COH (Bk R trng LF,-, cont LF trn sd & bk L, cont LF trn bk & sd R) keeping hnds high; Fwd R,-, spiral LF undr jnd hnds fwd L, fwd R (Trng to fc LOD fwd L,-, fwd R, fwd L) brng hnds to shldr level ;
- 3-4 fwd L bringing jnd hnds down & bk,-, fwd R, fwd L bringing hnds up & around leading W to roll RF (Fwd R comm RF trn, -, sd & bk L trng RF under jnd hnds, cont RF trn fwd R to LOD); sd R,-,bk L bringing trl hnd up & up,

5-8 UNDERARM TURN ; LARIAT 6 (M FC WALL) ;; BASIC ENDING :

- 5-6 Sd L,-, XRIB of L, rec L (sd R trng RF under ld hnds,-, XLIF cont trng RF, rec fwd to M's rt sd); in plc R,-, L, R lifting ld hnds ovr head (fwd L,-, fwd R, fwd L, arnd bk of M);
- 7-8 Trn ¼ LF to fc LOD L,-, in plc R, L ld W to FC (cont arnd M fwd R,-, fwd L, fwd R to fc ptr & LOD); Sd R,-, XLIB, rec R end in CP Wall ;

9-12 TRIPLE TRAVELER ;;; BASIC ENDING (COH) :

- 9-10 comm LF trn brng W in frnt sd & fwd L fc LOD,-, cont LF trn sd R brng ld hnds thru, XLIF to fc ptr & COH (Bk R trng LF,-, cont LF trn sd & bk L, cont LF trn bk & sd R) keeping hnds high; Fwd R,-, spiral LF undr jnd hnds fwd L, fwd R (Trng to fc LOD fwd L,-, fwd R, fwd L) brng hnds to shldr level ;
- 11-12 fwd L bringing jnd hnds down & bk,-, fwd R, fwd L bringing hnds up & around leading W to roll RF (Fwd R comm RF trn, -, sd & bk L trng RF under jnd hnds, cont RF trn fwd R to LOD); sd R,-,bk L bringing trl hnd up & up,

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- 15-16 Trn ¼ LF to fc LOD L,-, in plc R, L ld W to FC (cont arnd M fwd R,-, fwd L, fwd R to fc ptr & LOD); Sd R,-, XLIB, rec R end in CP Wall ;

PART C

1-4 OPEN BASICS ;; LEFT TURN INSIDE ROLL ; BASIC ENDING :

- 1-2 Stp sd L & op bdy to ½ LOP RLOD, -, XRIB (XLIB), rec L to end fcg ptr ; Stp sd R & op bdy to ½ OP LOD, -, XLIB (XRIB), rec R;
- 3-4 XIF of W sd & bk L to fc RLOD,-, sd & bk R trng ¼ RF leadg W undr jnd lead hnds, XLIF of R end fcg ptr COH (W fwd R comm RF twrl undr lead hnds,-, fwd L, fwd & sd R to fc ptr/WALL); Sd R,-, XLIB, rec R end in CP Wall ;

5-8 2 LUNGE BASICS ;; RIGHT TURN OUTSIDE ROLL ; OPEN BREAK :

- 5-6 Sd L trn 1/4 RF op body to L 1/2 OP,-, XRIB, rec L; trn 1/4 LF sd R cont LF trn op body to 1/2 OP,-, XLIB, rec R;
- 7-8 XIF of W sd & bk L to fc RLOD,-, sd & bk R trng ¼ RF leadg W undr jnd lead hnds, XLIF of R end fcg ptr COH (W fwd R comm RF twrl undr lead hnds,-, fwd L, fwd & sd R to fc ptr/WALL); sd R,-, sm rk apt L, rec R;

9-12 OPEN BASICS ;; LEFT TURN INSIDE ROLL ; BASIC ENDING :

- 9-10 Stp sd L & op bdy to ½ LOP RLOD, -, XRIB (XLIB), rec L to end fcg ptr ; Stp sd R & op bdy to ½ OP LOD, -, XLIB (XRIB), rec R;

11-12 XIF of W sd & bk L to fc RLOD,-, sd & bk R trng ¼ RF leadg W undr jnd lead hnds, XLIF of R end fcg ptr COH (W fwd R comm RF twrl undr lead hnds,-, fwd L, fwd & sd R to fc ptr/WALL); Sd R,-, XLIB, rec R end in CP Wall ;

13-16 2 LUNGE BASICS ;; RIGHT TURN OUTSIDE ROLL ; OPEN BREAK ;

13-14 Sd L trn 1/4 RF op body to L 1/2 OP,-, XRIB, rec L; trn 1/4 LF sd R cont LF trn op body to 1/2 OP,-, XLIB, rec R;

15-16 XIF of W sd & bk L to fc RLOD,-, sd & bk R trng ¼ RF leadg W undr jnd lead hnds, XLIF of R end fcg ptr COH (W fwd R comm RF twrl undr lead hnds,-, fwd L, fwd & sd R to fc ptr/WALL); sd R,-, sm rk apt L, rec R;

END

1 SIDE TO A PROMENADE SWAY SLOWLY CHANGING TO OVERSWAY ;

1 sd & fwd L to SCP stretching L sd to look over jnd lead hnds slowly relaxing L knee leaving R leg Extended and stretching L sd of body looking to DRW.

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Head Cues

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9-12 BASIC ;; CROSS BODY ; REVERSE UNDERARM TURN ;

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1-4 TRIPLE TRAVELER ;;; BASIC ENDING (COH) ;

5-8 UNDERARM TURN ; LARIAT 6 (M FC WALL) ;; BASIC ENDING ;

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1-4 OPEN BASICS ;; LEFT TURN INSIDE ROLL ; BASIC ENDING ;

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END

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