



“Be Kind”

Officer Beginner Jazz - Choreographed by Megan Spencer

- 8- Start in lines off center hold 1-2 (3,5) reach 3 look 4 turn around 5 walk walk 5-6 turn out 7-8
- 8- open arms 1-2 ball change 3-4 close 5-6 finish 7-8
- 8- 1,3,5 prep 1-2 double pirouette 3-4 land 5-6 finish 7-8
- 8- finish 1-4 hands in pocket turn 5-6 release arms 7-8
- 8- change form 1-4 ripple to side pose 5-8
- 8- turn 1-2 chasse forward 3-4 step tilt 5-6 land in tuck 7-8
- 8- come to your knees or stand up 1-2 head roll 3-4 or 5-6 kick to stand up 7-8
- 8- roll 1-4 land in lunge 5-6 come up 7-8
- 8- walk 1-4 inside turns 5, 7
- 8- finish 1-4 reach 5-6 or 7-8
- 8- 1,3 BC 1-2 chasse side 3-4 leap front 5-6 land 7-8
- 8- stand up and roll to opposition
- 8- BC 1-2 chasse 3-4 X jump or Russian 5-6 turn out of 7-8
- 8- hips opposition 1-4 walk 5-8
- 8- 1,5,1 prep 1-2 single 3 prep 4 double 5-6 land 7-8
- 8- walk walk 1-2 pivot 3-4 walk walk 5-6 pivot 7-8
- 8- finish
- 8- walk 1-4 side jumps 5-8
- 8- prepare 1-2 high 3-4 low 5-6 calypso 7-8
- 8- land 1-2 kick 3-4 roll to stand up 5-8
- 8- walk to tight clump 1-4 hips 5-8
- 2- melt down