

Title: Be Kind
Formation: 4 couples longways
Author: Rosemary Lach
Music title: Here's to Dr. Bonnie
Length/Metre/Key: 32 bars AAB F 3/4
Composer: Keith Malcolm
Music source: The Dancehall Players
Recording: Out of the Silence (Vol. 1)

Dance notes

A1 1-4 Ends Cast 1 place WHILE
middles meet and lead to nearest end.
5-8 New Middles Star Right.

A2: 1-4 In 4s Star Left.
5-8 Middles Cast up to home WHILE Ends meet
and lead in & face other end.

B: 1-4 In middle, 1st Corners cross;
2nd Corners cross;

5-8 In 4s 1st Corners cross; 2nd Corners cross.
9-12 Circle halfway.
13-16 Partner Two hand turn to own side.