

# Be Kind (line formation)

A First 2 - 8 cts  
Cross tap above head  
Double tap top of ball  
Repeat

B 4 - 8 cts  
Single right top, single  
left top  
Single right side, pause  
Single left top, single  
right top  
Single left side, pause

C 2 - 8 cts  
(2x) Side double tap ball  
(2x) Side double tap bucket  
(squat)

2 - 8 cts  
Side double tap ball

D 4 - 8 cts  
Jump feet together and  
double  
tap ball (2 ct)  
Jump feet out double  
tap  
bucket - squat (2 ct)

Repeat B, C, D, B, D, freestyle 3 - 8cts