

Proud 2B Country

Count: 32

Wand: 4

Ebene: Beginner +

Choreograf/in: Michelle Risley (UK) - November 2023

Musik: Country Proud - Taylor Moss



#4ct Bridge. Optional Level Up

Sec.1. Toe, Heel, Stomp, Toe, Heel, Stomp, Rock, ½ Shuffle Turn

1&2 Right Toe To Left Instep Knee In, Tap Right Heel Slightly Forward, Stomp Right Forward
3&4 Left Toe To Right Instep Knee In, Tap Left Heel Slightly Forward, Stomp Left Forward
5-6 Rock R Fwd, Recover Back On L (12oc)
7&8 Turn ¼ R Stepping R To R Side, Step L Next To R, Turn ¼ R Stepping R Fwd (6oc)

Sec.2. Toe, Heel, Stomp, Toe, Heel, Stomp, Rock, ¾ Shuffle Turn

1&2 Left Toe To Right Instep Knee In, Tap Left Heel Slightly Forward, Stomp Left Forward
3&4 Right Toe To Left Instep Knee In, Tap Right Heel Slightly Forward, Stomp Right Forward
5-6 Rock Left Fwd, Recover Back On Right (6oc)
7&8 Turn ¾ Turn Left (Left, Right, Left) (9oc)

****Restart Here Wall 3 Facing 3:00**

Sec.3. Side Rock Step, Weave, Side Rock Step, Weave

1-2 Side Rock Right, Recover Left
3&4 Weave Right Behind, Left Side, Right Cross
5-6 Side Rock Left, Recover Right
7&8 Weave Left Behind Right Side, Left Slight Forward (9oc)

Styling: On Wall 4 Facing 12oc - Stomp Out On The Side Rocks

**** 4ct Bridge Here On Wall 4 Facing 12oc, Then Continue Dance Section 4**

Sec.4. Heel, Heel, Point, Front, Side, Flick, Stomp, Stomp, Swivel R, Swivel L

1&2& Right Heel Forward, In Place, Left Heel Forward, In Place
3&4 Point Right Toe, Forward, Right Side, Flick Right Behind Left
5-6 Stomp Right Out, Stomp Left Out
&7&8 Swivel Right Heel Left, Centre, Swivel Left Heel Right, Centre (Take Weight On Left)

Start Again Xx

****4ct Bridge After 24 Counts Facing 12oc**

Beginner Option – Rocking Chair On Right

Improver Option – 2 X Half Pivot Turns Over Left Shoulder

Wall 4 - To 'Level Up' And Hit The Music:

After Bridge Replace Count 25-32 With Below To Hit The Music:

Level Up: Heel & Heel, Kick Out Out, Sailor Step, Sailor Step, Rock Back

1&2& Right Heel, Left Heel
3&4 Kick Right Forward, Step Right Out, Step Left Out
5&6&7& Right Sailor Step, Left Sailor Step
8& Rock Back On Right, Recover Left

Continue Dance From Count 1 Facing 12oc

Finish Dance At Front Wall, Arms Up! Ta-Da

