

Proud

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Proud - JLS : (iTunes)



Intro: 16 count

(Section 1) side drag, sailor step, behind side cross, rock recover, sailor quarter turn □

- 1 Take big step to right side sliding your left foot next to right
- 2&3 Step left behind right, right to right side and step left next to right
- 4&5 Step right behind left, step left to left side and cross right over left
- 6 7 Rock onto left, recover onto right
- 8&1 Cross left behind right make ¼ turn left stepping right next to left, step foot to side [9.00]

(Section 2) step, spiral turn, left shuffle, side rock cross, side rock cross

- 2 3 Step onto right, unwind a full turn (spiral turn) left hooking your left foot in front of right
- 4&5 Step onto left, step right together and step left forward
- 6&7 Rock right to right side, recover onto left and cross right over left
- 8&1 Rock left to left side, recover onto right and cross left over right

(Section 3) step ¼, step ½, lock step back, hip bump ½ turn, hip bump ½ turn

- 2 3 Step onto right making a ¼ of a turn to your right, step back onto left making a ½ turn to your left [6.00]
- 4& 5 Step back onto right, close left in front of right and step back onto right
- 6&7 Touch left behind right making ½ turn to your left swaying your hips right, left, putting weight onto left
- 8&1 Touch right in front of left making a ½ turn to your left swaying your hips right, left, putting weight onto right [6.00]

(Section 4) step, step, toe, step, heel, step, mambo step

- 2 3 Step onto left, step onto right
- 4 5 Touch left toe behind right, step back onto left
- 6&7 Right heel forward, step onto right and bring left foot forward
- 8&1 Step right foot forward, back onto left and step back onto right

(Section 5) chasse left, rock back recover, coaster step, kick ball change

- 2&3 Step left to left side, close right beside left and step left to left side
- 4 5 Rock back onto right, recover onto left □□[restart here on wall 5]
- 6&7 Step back onto right, step left next to right and step forward on right on L
- 8&1 kick left foot forward, step left next to right and step right next to left.

(Section 6) ¼ turn, step, step lock back, step 1/2, step 1/2, step, ½ coaster

- 2 3 Step ¼ to your left stepping onto left, cross right over left [3.00]
- 4&5 Step back onto left, close right in front of left and step back onto left
- 678& Make a ½ turn right stepping onto right, Make a ½ turn right stepping onto left, step back on right and step left next to right

Tag: at the end of walls 1 and 3

- 1-4 sway your hips right, left, right, left transferring your weight

Restart : After 36 count on wall 5

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