

# Proud of You

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: High Intermediate  
编舞者: Hiroko Carlsson (AUS) - August 2023  
音乐: Proud Of You - David Morris : (Spotify/Apple Music/Deezer)



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(Intro: 16 counts)

## [S1] Step-Pivot 1/2L-L Full Turn-Chase Turn 1/2L Fwd, Full Spin R-Fwd

1 2            Step forward on R, Make a ½ turn left recover weight on L (6:00)  
3 4            Make a ½ turn left stepping back on R, Make a ½ turn left stepping forward on L (6:00)  
&5            Step forward on R, Make a ½ turn left recover weight on L (12:00)  
6 7            Step forward on R, Step forward on ball of L making a full spin turn right on the spot (12:00)  
8            Step forward on R

## [S2] L Side Mambo, Side Rock-Fwd-Samba 1/4R, Fwd-Flip Turn 1/2L into Back-Lock-Back (Rock)-

1&2            Rock L to the side, Replace weight on R, Step L next to R  
3&4            Rock R to the side, Replace weight on L, Step forward on R  
&5            Make a ¼ turn right stepping (rock) L to the side (3:00), Replace weight on R  
6&            Step forward on L, Make a swift ½ turn left stepping back on R (9:00)  
7&8            Step back on L, Lock R over L, Step back on L (prep for pushing forward)

-Restart here on Wall 3

## [S3] -Step (Replace)-Lock-Step, 1/2R Sweep, Behind-Side-Touch-1/4R-Point-&-Heel-&-Toe-Heel

1&2            Replace/step forward on R, Lock L behind R, Step forward on R  
3            Make a ½ turn right stepping back on L sweeping R foot around (3:00)  
4&            Step R behind L, Step L to the side  
5&            Touch R next to L, Make a ¼ turn right stepping forward on R (6:00)  
6&            Point L to the side, Step L next to R  
7&            Touch R heel diagonally forward, Step R in place  
8&            Touch L toe to the side and roll L knee in, Touch L heel close to R and roll L knee out

## [S4] Side Rock, Cross-1/4L-Together, V Step, Step-Pivot 1/2L

1 2            Rock L to the side, Replace weight on R  
3&4            Cross L over R, Make a ¼ turn left stepping back on R (3:00), Step L next to R  
5&            Step diagonally forward on R, Step diagonally forward on L  
6&            Return R to the centre, Return L to the centre  
7 8            Step forward on R, Make a ½ turn left recover weight on L (9:00)

Restart on Wall 3 count 16 (3:00)

Ending suggestion: The last wall starts facing 3:00. Dance up to count 16 (12:00).  
Step forward on R.

(updated: 30/Aug/23)