

Are You Proud

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate nightclub
编舞者: Alan Haywood (UK)
音乐: Do I Make You Proud - Taylor Hicks



LEFT SIDE, ROCK BACK RIGHT & RIGHT SIDE & CROSS RIGHT OVER LEFT, LEFT SIDE SHUFFLE, SWAY RIGHT LEFT

1-2 Large step left to left side, rock back onto right
&3&4 Recover weight onto left, rock right to right side, recover weight onto left, cross step right over left
5&6 Step left to left side, close right next to left, step left to left side
7-8 Sway right, sway left

ROCK BACK RIGHT, RECOVER LEFT, RIGHT FORWARD MAMBO ½ RIGHT, & ROCK FORWARD RIGHT, RECOVER LEFT, RIGHT BEHIND & ACROSS

1-2 Rock back onto right, recover weight forward onto left
3&4 Rock forward onto right, recover weight onto left, pivot ½ right stepping right forward
&5-6 Close left next to right, rock forward onto right, recover weight back onto left
7&8 Cross step right behind left, step left to left side, cross step right over left

& CROSS ROCK RIGHT OVER LEFT, RECOVER LEFT, ¼ RIGHT SHUFFLE, TRIPLE FULL TURN RIGHT, SWAY RIGHT LEFT

&1-2 Step left next to right, cross rock right over left, recover weight back onto left
3&4 Step right ¼ right, close left next to right, step right forward
Restart here during wall 6 (6:00 wall)
5&6 Make triple full turn right stepping left right left (easy option left forward shuffle)
7-8 Sway right, sway left

RIGHT BACK, LEFT SIDE ROCK AND CROSS, RIGHT SIDE, & SWAY RIGHT LEFT, RIGHT COASTER

1 Step back onto right
2&3 Rock left to left side, step right next to left, cross step left over right
4 Step right to right side
Restart during wall 1 here (9:00 wall)
&5-6 Step left next to right, sway to the right, sway left
7&8 Step back right, step left next to right, step right forward

REPEAT

Restart

During 1st wall, dance only 1st 28 counts up to right to right side (section 4), then restart dance
During 6th wall dance up to count 20 (section 3 ¼ right shuffle), then restart (facing 6:00)

OPTIONAL ENDING

During the last wall, the music will slow slightly. Just dance with the tempo of the music to the end. You will be facing 9:00 with weight on right foot, just add an '&' step to cross right over left and unwind slowly over left shoulder to face home wall