

Proud of Me

拍数: 48 墙数: 4 级数: Intermediate Waltz
编舞者: Malene Jakobsen (DK) - June 2008
音乐: Proud of Me - Tracy Byrd : (Album: It's About Time)



Intro: 24 counts from the beat - 14 seconds into track, on the word "up"

(1-12) Twinkle, twinkle ¼, twinkle, twinkle ¼

1-2-3 Cross L over R, step R to R side, step L to L side
4-5-6 Cross R over L, turn ¼ R stepping back on L, step R to R side (03.00)
1-2-3 Cross L over R, step R to R side, step L to L side
4-5-6 Cross R over L, turn ¼ R stepping back on L, step R to R side (06.00)

(13-24) Cross rock, sweep, behind side cross, side rock, cross, step, kick

1-2-3 Cross L over R, recover onto R, sweep L from front to back
4-5-6 Cross L behind R, step R to side, cross L over R

NOTE: For finishing at 12.00 – unwind ½ turn R here on wall 9

1-2-3 Rock R to R, recover onto L, cross R over L facing L diagonal
4-5-6 Step forward on L on L diagonal, kick R forward over 2 counts (04.30)

(25-36) Coaster step, step, ½, step, 5/8, step x 2, ½, step

1-2-3 Step back on R, step L beside R, step forward on R
4-5-6 Step forward on L, turn ½ R, step forward on L (10.30)
1-2-3 Step forward on R and on ball of R turn 5/8 L stepping forward on L, step forward on R (03.00)
4-5-6 Step forward on L, turn ½ R, step forward on L (09.00)

(37-48) Full turn, basic, basic, sway, step, drag

1-2-3 Turn ½ L stepping back on R, turn ½ L stepping forward on L, step forward on R
4-5-6 Step forward on L, step R beside L, step L in place
1-2-3 Step back on R, step L beside R, step R in place
4-5-6 Step L to L and sway L, step R to R on R diagonal (big step), drag L towards R preparing for the twinkle