

# Proud Moments

**COPPER** KNOB  
STEPSHEETS

拍数: 44      墙数: 4      级数: Intermediate  
编舞者: Alan Haywood (UK) - November 2008  
音乐: Ain't Nobody Gonna Take That from Me - Joe Nichols : (CD: The Real Things)



**Intro: 16 slow counts – start on word 'baseball'**

This also fits the same track by Collin Raye – Can't Back Down album –available as a download from Napster (79p)

**DON'T GET THE KARAOKE VERSION!**

## **Sec 1: R Side, Rock Back L & L Side & L ¼ L & Rock Forward L, Recover, ¼ L Shuffle**

- 1-2&      Step right to right side, rock back onto left, recover weight onto right
- 3&4&      Step left to left side, step right behind left, step left ¼ left, step right forward (9 o'clock)
- 5-6      Lunge/rock forward onto left, recover weight back onto right
- 7&8      Making ¼ turn left step left to left side, close right next to left, step left to left side (6 o'clock)

**TAG: Wall 5 – see note below**

## **Sec 2: R Side, Rock Back L & L Side & ¼ L, R Forward, ½ L, R Forward Lock Step**

- 1-2&      Step right to right side, rock back onto left, recover weight onto right
- 3&4      Step left to left side, step right behind left, step left ¼ left (3 o'clock)
- 5-6      Step forward onto right, pivot ½ turn left (9 o'clock)
- 7&8      Step forward onto right, lock left behind right, step forward onto right

## **Sec 3: Sway L, R, L Behind And Across, Sway R, L, R Behind ¼ L ¼ L**

- 1-2      Sway left to left side, sway right to right side
- 3&4      Cross step left behind right, step right to right side, cross step left over right
- 5-6      Sway right to right side, sway left to left side
- 7&8      Cross step right behind left, making a ¼ left step left forward, making a ¼ left step right to right side (3 o'clock)

## **Sec 4: Rock Back L & Left Side, Rock Back R & Right Side, L Behind & Across & Cross, R Side**

- 1&2      Rock back left behind right, recover weight onto right, step left to left side
- 3&4      Rock back right behind left, recover weight onto left, step right to right side

**RESTART: Wall 6 – see note below**

- 5&6      Cross step left behind right, step right to right side, cross step left over right
- &7-8      Step right to right side, cross step left over right, step right to right side

## **Sec 5: Rock Back L & ¼ R, Rock Back R & ½ L, Sway LR, L Behind ¼ R L Forward**

- 1&2      Rock back onto left, recover weight onto right, make ¼ right stepping left back (6 o'clock)
- 3&4      Rock back onto right, recover weight onto left, make ½ left stepping right back (12 o'clock)
- 5-6      Sway left, sway right
- 7&8      Cross step left behind right, step right ¼ right, step forward onto left (3 o'clock)

**RESTART: Wall 2 – see note below**

## **Sec 6: (4 Counts Only) R Forward, ½ L, Walk Forward R L (Proud Walk)**

- 1-2      Step forward onto right, pivot half turn left (9 o'clock)
- 3-4      Walk forward right, walk forward left (proud walk forward!)

This is a lovely song and the restarts/tag are really really easy to feel and necessary. Please don't discard because of restarts and tags without trying it first!

In order to keep the dance in phase, 2 'easy-to-notice' restarts are required.

Restart no 1: DURING wall 2, dance up to count 40 (section 5) then restart the dance again facing 12 o'clock

Restart no 2: DURING wall 6, which starts facing 12 o'clock, dance up to count 28 (section 4) then restart the dance again with an `&' beat to put weight onto right – facing 3 o'clock

TAG: DURING wall 5 – which starts 6 o'clock, do FIRST 8 counts to 12 o'clock, then sway slowly RLRL, hold, dragging R to L, start dance again on the word `morning'

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