

# So Proud

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Carrie Ann Green (ES) - June 2013  
音乐: Can't Stop Me Now - Rod Stewart : (Album: Time)



**32 count intro - start on vocals**

## **Section 1: Walk Forward R, L, Heel & Heel, Fwd, Pivot ¼ Left, Cross Shuffle**

1-2            Walk forward R, Walk forward L  
3&4&        Touch R heel forward, step R together, Touch L heel forward, step L together  
5-6            Step R forward, pivot ¼ turn left (end with weight on L). 9.00  
7&8            Cross R over L, step L to L, Cross R over L

## **Section 2: L Side Touch, R Side Touch, L Kick Ball Point (R) Cross Unwind ½ Turn L**

1-4            Step L to L side, touch R beside L, Step R to R side, touch L beside R (optional clap on touches)  
5&6            Kick L forward, step L next to R, point R out to R side  
7-8            Cross R over L unwind ½ turn L, (end with weight on L) 3.00

**RESTART (WALL 4) 6.00**

## **Section 3: R Shuffle Forward, Step Forward L Touch R, R Shuffle Back, Touch Toe Behind Unwind ½ Turn L**

1&2            Step forward on R, step L next to R, step forward on R (R-L-R)  
3-4            Step forward on L, touch R toe behind L  
5&6            Step back on R, step L next to R, step back on R (R-L-R)  
7-8            Touch L toe behind R unwind ½ turn L (end with weight on L) 9.00

## **Section 4: R Rock Forward Recover, R Side Rock Recover, Right Shuffle Back, Step L Back, Hook R**

1-2            Rock forward on R, recover on L  
3-4            Rock out to R side, recover on L  
5&6            Step back on R, step L next to R, step back on R (R-L-R)  
7-8            Step L back, Hook R in front of L

**4 Count Tag End Of Wall 2(6.00) End Of Wall 6 (12.00) End Of Wall 9: Dance The Tag Twice (3.00)**

1-4            Step R kick L, step back L, hook R in front of L

**Restart on Wall 4 dance to end of section 2 (count 16) make sure weight ends on L to restart the dance again**

**Choreographed for my Mum & Dad**

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