

# A Proud Man

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Norman Gifford (USA) - July 2017  
音樂: Proud Man - Charlie and the Regents



## S1: (Rock back, replace, lock-steps forward, crossover, step side, sailor step)

1-2      Left rock back; right replace  
3&4      Left step forward; right lock behind; left step forward  
5-6      Right crossover; left step side  
7&8      Right sweep behind; left together; right step in place

## S2: (Crossover, swivel turn ½ left, side-shuffle steps, cross-rock, replace, long step side, draw together)

1-2      Left crossover; right step side turning ½ left [6:00]  
3&4      Chassè left (LRL)  
5-6      Right cross-rock; left replace  
7-8      Right long step side; left draw together

## S3: (Rock-step, lock-steps back, sweeping steps back, hold)

1-2      Left rock forward; right replace  
3&4      Left step back; right cross-lock over left; left step back  
5-6      Right sweep back; left sweep back  
7-8      Right sweep back; hold

## S4: (Rock-step, brush-scoot-step, turn ¼ left into sway, sway, sway, hold)

1-2      Left rock back; right replace forward  
3&4      Left brush forward; right scoot slightly forward; left step forward  
5-6      Right step side turning ¼ left into sway right; sway left  
7-8      Sway right; hold [3:00]

## S5: (Crossover, sweep, crossover, sweep, shuffle step, step forward, pencil-hook turn ½ left)

1-2      Left crossover; right sweep forward (do not take weight)  
3-4      Right crossover; left sweep forward (do not take weight)  
5&6      Left step forward; right slightly forward; left step forward  
7-8      Right step forward across; left hook up across right turning ½ left [9:00]

## S6: (Forward lock-step, ¼ left turning shuffles with hitches)

1&2      Left step forward; right lock behind; left step forward  
&      Right hitch up swivelling ¼ left [6:00]  
3&4      Right step side; left together; right step side  
&      Left hitch up swivelling ¼ left [3:00]  
5&6      Left step side; right together; left step side  
&      Right hitch up swivelling ¼ left [12:00]  
7&8      Right step side; left together; right step side

## S7: (Rock-step, lock, crossover, turn ½ right stepping side, hold, together, step, step, lock)

1-2&      Left rock back diagonal; right replace; left lock behind right  
3-4      Right crossover; left step side in swivel turn ½ right [6:00]  
5-6&      Right step side; hold; left together  
7-8&      Right step forward; left step forward; right lock behind left

## S8: (Rock-step, back-lock-step, sweep, sweep, sweep, hold)

1-2      Left rock forward; right replace back

3&4 Left step back; right cross-lock over left; left step back  
5-8 Right sweep back; left sweep back; right sweep back; hold

**BEGIN AGAIN**

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