

A Proud Man

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
