

# Proud of You

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Li Michelle (MY), Amy Yang (TW) & BM Leong (MY) - August 2017  
音樂: Proud Of You (以你為榮) - Fiona Fung (馮曦妤)



Alt. music: Your Pride by Joey Yung ( 我的驕傲 - 容祖兒 )

Start the dance on vocal after 16 counts.

## S1: DIAGONAL FORWARD ROCK, SWEEP-BACK X 2, 1/8 TURN RIGHT BACK ROCK, 3/4 TURN LEFT ON R & L

1-2            Step R forward along right diagonal, recover onto L  
3-4            Sweep and step R back, sweep and step L back  
5-6            1/8 turn right rock back on R ( 3.00 ), recover onto L  
7-8            Turning 1/2 left step back on R ( 9.00 ), turning 1/4 left step L to left side ( 6.00 )

## S2: CROSS ROCK, RIGHT SIDE CHA CHA, 1/4 TURN LEFT BACK ROCK, FORWARD CHA CHA

1-2            Cross R over L, recover onto L  
3&4            Step R to right side, step L beside R, step R to right side  
5-6            Turning 1/4 left step L back, recover onto R ( 3.00 )  
7&8            Step L forward, step R beside L, step L forward

## S3: CROSS, SIDE, SAILOR, CROSS, 1/4 TURN LEFT, 1/4 TURN LEFT SIDE CHA CHA

1-2            Cross R over L, step L to left side  
3&4            Cross R behind L, step L to left side, step R to right side  
5-6            Cross L over R, turning 1/4 left step R back ( 12.00 )  
7&8            Turning 1/4 left step L to left side, step R beside L, step L to left side ( 9.00 )

## S4: LEFT & RIGHT NEW YORK

1-2            Cross R over L, recover onto L  
3&4            Step R to right side, step L beside R, step R to right side  
5-6            Cross L over R, recover onto R  
7&8            Step L to left side, step R beside L, step L to left side

## S5: PIVOT 1/2 TURN – CHA CHA CHA X 2

1-2            Step R forward, pivot 1/2 turn left ( 3.00 )  
3&4            Step R forward, step L beside R, step R forward  
5-6            Step L forward, pivot 1/2 turn right ( 9.00 )  
7&8            Step L forward, step R beside L, step L forward

## S6: FORWARD ROCK, COASTER 1/4 TURN RIGHT, FORWARD, TRIPLE 1/2 TURN LEFT

1-2            Rock R forward, recover onto L  
3-4            Turning 1/4 right step back on R, step L beside R, step R forward  
5-6            Rock L forward, recover onto R  
7&8            Turning 1/4 left step L slightly to left side, step R beside L, turning 1/4 left step R forward

## S7: PADDLE 1/4 TURN LEFT X 2, LEFT SAMBA, RIGHT SAMBA

1-2            Step R forward, paddle 1/4 turn left  
3-4            Step R forward, paddle 1/4 turn left  
5&6            Cross R over L, step L to left side, recover onto R  
7&8            Cross L over R, step R to right side, recover onto L

## S8: JAZZ BOX 1/4 TURN RIGHT, HIP SWAYS

1-2            Cross R over L, step L back  
3-4            Turning 1/4 right step R to right side, step L beside R  
5-6            Sway hips to the right, sway hips to the left  
7-8            Sway hips to the right, sway hips to the left

**RESTARTS during**

**(1) wall 2 after 16 counts**

**(2) wall 3 after 62 counts**

**(3) wall 4 after 16 counts**

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