

Proud of You

COPPER KNOB
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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