

Proud of You (以你為榮) (zh)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Li Michelle (MY), Amy Yang (TW) & BM Leong (MY) - 2017年08月
音樂: Proud Of You by Fiona Fung



Alt. music: Your Pride by Joey Yung (我的驕傲-容祖兒)
Start the dance on vocal after 16 counts.

Sec . 1: DIAGONAL FORWARD, RECOVER, SWEEP BACK(R&L), 1/8 TURN R BACK, RECOVER L, 3/4 TURN L ON R&L

- 1 – 4 Step R forward R diagonal, Recover onto L, Sweep and step RF back, Sweep and step LF back(01:30)
5 – 8 1/8 turn R rock back on RF(03:00), Recover onto LF, 1/2 turn L step back on RF, 1/4 TURN L step LF to L(06:00)
1 – 4 右足右斜前踏,重心回左足,右足後繞及後踏,左足後繞及後踏(01:30)
5 – 8 右轉 1/8右足後踏(03:00),重心回左足,左轉 1/2右足後踏,左轉 1/4左足左踏(06:00)

Sec . 2 CROSS, RECOVER, SIDE CHA CHA, 1/4 TURN L BACK, RECOVER, FORWARD SHUFFLE

- 1-2,3&4 Cross RF over LF, Recover onto LF, Step RF to R, Step LF beside RF, Step R to R
5-6,7&8 1/4 turn L step LF back, Recover onto RF, Step LF forward, Lock RF behind LF, Step LF forward(03:00)
1-2,3&4 右足交叉左足前,重心回左足,右足右踏,左足併於右足旁,右足右踏
5-6,7&8 左轉 1/4左足後踏,重心回右足,左足前踏,右足鎖步於左足後,左足前踏(03:00)

Sec. 3 CROSS, SIDE, SAILOR, CROSS, 1/4 TURN L BACK, 1/4 TURN L CHA CHA

- 1-2,3&4 Cross RF over LF, Step LF to L, Cross RF behind LF, Step LF beside RF, Step RF to R
5-6,7&8 Cross LF over RF, 1/4 turn L stepping back on RF, 1/4 turn L step LF to L, Step RF beside LF, Step LF to L(09:00)
1-2,3&4 右足交叉左足前,左足左踏,右足交叉左足後,左足併於右足旁,右足右踏
5-6,7&8 左足交叉右足前,右轉 1/4右足後踏,左轉 1/4左足左踏,右足併於左足旁,左足左踏 (09:00)

Sec . 4 CROSS, RECOVER, SIDE CHASSE(R&L)

- 1-2,3&4 Cross RF over LF, Recover onto LF, Step RF to R, Step LF beside RF, Step RF to R
5-6,7&8 Cross LF over RF, Recover onto RF, Step LF to L, Step RF beside LF, Step LF to L
1-2,3&4 右足交叉左足前,重心回左足,右足右踏,左足併於右足旁,右足右踏
5-6,7&8 左足交叉右足前,重心回右足,左足左踏,右足併於左足旁,左足左踏

Sec . 5 FORWARD, PIVOT 1/2 TURN L, FORWARD SHUFFLE, FORWARD, PIVOT 1/2 TURN R, FORWARD SHUFFLE

- 1-2,3&4 Step RF forward, Pivot 1/2 turn L step on LF, Step RF forward, Lock LF behind RF, Step RF forward(03:00)
5-6,7&8 Step LF forward, Pivot 1/2 turn R step on RF, Step LF forward, Lock RF behind LF, Step LF forward(09:00)
1-2,3&4 右足前踏,左軸轉 1/2左足踏,右足前踏,左足鎖步右足後,右足前踏(03:00)
5-6,7&8 左足前踏,右軸轉 1/2右足踏,左足前踏,右足鎖步於左足後,左足前踏(09:00)

Sec . 6 FORWARD ROCK, COASTER 1/4 TURN R, FORWARD, TRIPLE 1/2 TURN L

- 1 – 4 Rock RF forward, Recover onto LF, 1/4 turn R stepping back on RF, Step LF beside RF, Step RF forward(12:00)
5-6,7&8 Rock LF forward, Recover onto RF, 1/4 turn L step LF slightly to L side, Step RF beside LF, 1/4 turn L step LF forward(06:00)
1 – 4 右足前踏,重心回左足,右轉 1/4足後踏,左足併於右足旁,右足前踏(12:00)
5-6,7&8 左足前踏,重心回右足,左轉 1/4左足左踏,右足併於左足旁,左轉 1/4左足前踏(06:00)

Sec . 7 PADDLE 1/4 TURN L(x2), SAMBA(L&R)

- 1 – 4 Step RF forward, Paddle 1/4 turn L step on LF, Step RF forward, Paddle 1/4 turn L step on LF(12:00)
- 5-6,7&8 Cross RF over LF, Step LF to L, Recover onto RF, Cross LF over RF, Step RF to R, Recover onto LF
- 1 – 4 右足前踏,左轉 1/4左足踏,右足前踏,左轉 1/4左足踏(12:00)
- 5-6,7&8 右足交叉左足前,左足左踏,重心回右足,左足交叉右足前,右足右踏,重心回左足

Sec . 8 JAZZ BOX 1/4 TURN R, HIP SWAYS

- 1 – 4 Cross RF over LF, Step LF back, 1/4 turn R step RF to R, Step LF beside RF(03:00)
- 5 – 8 Sway hip R、L、R、L
- 1 – 4 右足交叉左足前,左足後踏,右轉 1/4右足右踏,左足併於右足旁(03:00)
- 5 – 8 搖右臀、左臀、右臀、左臀

Start again

Restarts :

During wall 2 and 4, after 16 counts(facing 06:00 and 12:00)

During wall 3, after 62 counts(facing 09:00)

重新開始 :

第二面牆及第四面牆 , 跳16拍(面向06:00及12:00)

第3面牆 , 跳62拍(面向09:00)

Have Fun & Happy Dancing!

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