

# Proud of You

COPPER KNOB  
BY STEPHENETS

拍數: 32      牆數: 2      級數: High Intermediate  
編舞者: Hiroko Carlsson (AUS) - August 2023  
音樂: Proud Of You - David Morris : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))

(Intro: 16 counts)

## [S1] Step-Pivot 1/2L-L Full Turn-Chase Turn 1/2L Fwd, Full Spin R-Fwd

1 2      Step forward on R, Make a ½ turn left recover weight on L (6:00)  
3 4      Make a ½ turn left stepping back on R, Make a ½ turn left stepping forward on L (6:00)  
&5      Step forward on R, Make a ½ turn left recover weight on L (12:00)  
6 7      Step forward on R, Step forward on ball of L making a full spin turn right on the spot (12:00)  
8      Step forward on R

## [S2] L Side Mambo, Side Rock-Fwd-Samba 1/4R, Fwd-Flip Turn 1/2L into Back-Lock-Back (Rock)-

1&2      Rock L to the side, Replace weight on R, Step L next to R  
3&4      Rock R to the side, Replace weight on L, Step forward on R  
&5      Make a ¼ turn right stepping (rock) L to the side (3:00), Replace weight on R  
6&      Step forward on L, Make a swift ½ turn left stepping back on R (9:00)  
7&8      Step back on L, Lock R over L, Step back on L (prep for pushing forward)

-Restart here on Wall 3

## [S3] -Step (Replace)-Lock-Step, 1/2R Sweep, Behind-Side-Touch-1/4R-Point-&-Heel-&-Toe-Heel

1&2      Replace/step forward on R, Lock L behind R, Step forward on R  
3      Make a ½ turn right stepping back on L sweeping R foot around (3:00)  
4&      Step R behind L, Step L to the side  
5&      Touch R next to L, Make a ¼ turn right stepping forward on R (6:00)  
6&      Point L to the side, Step L next to R  
7&      Touch R heel diagonally forward, Step R in place  
8&      Touch L toe to the side and roll L knee in, Touch L heel close to R and roll L knee out

## [S4] Side Rock, Cross-1/4L-Together, V Step, Step-Pivot 1/2L

1 2      Rock L to the side, Replace weight on R  
3&4      Cross L over R, Make a ¼ turn left stepping back on R (3:00), Step L next to R  
5&      Step diagonally forward on R, Step diagonally forward on L  
6&      Return R to the centre, Return L to the centre  
7 8      Step forward on R, Make a ½ turn left recover weight on L (9:00)

Restart on Wall 3 count 16 (3:00)

Ending suggestion: The last wall starts facing 3:00. Dance up to count 16 (12:00).  
Step forward on R.

(updated: 30/Aug/23)