

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)

(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)