

# Proud 2B Country

拍數: 32      牆數: 4      級數: Beginner +  
編舞者: Michelle Risley (UK) - November 2023  
音樂: Country Proud - Taylor Moss



## #4ct Bridge. Optional Level Up

### Sec.1. Toe, Heel, Stomp, Toe, Heel, Stomp, Rock, ½ Shuffle Turn

1&2      Right Toe To Left Instep Knee In, Tap Right Heel Slightly Forward, Stomp Right Forward  
3&4      Left Toe To Right Instep Knee In, Tap Left Heel Slightly Forward, Stomp Left Forward  
5-6      Rock R Fwd, Recover Back On L (12oc)  
7&8      Turn ¼ R Stepping R To R Side, Step L Next To R, Turn ¼ R Stepping R Fwd (6oc)

### Sec.2. Toe, Heel, Stomp, Toe, Heel, Stomp, Rock, ¾ Shuffle Turn

1&2      Left Toe To Right Instep Knee In, Tap Left Heel Slightly Forward, Stomp Left Forward  
3&4      Right Toe To Left Instep Knee In, Tap Right Heel Slightly Forward, Stomp Right Forward  
5-6      Rock Left Fwd, Recover Back On Right (6oc)  
7&8      Turn ¾ Turn Left (Left, Right, Left) (9oc)

**\*\*Restart Here Wall 3 Facing 3:00**

### Sec.3. Side Rock Step, Weave, Side Rock Step, Weave

1-2      Side Rock Right, Recover Left  
3&4      Weave Right Behind, Left Side, Right Cross  
5-6      Side Rock Left, Recover Right  
7&8      Weave Left Behind Right Side, Left Slight Forward (9oc)

**Styling: On Wall 4 Facing 12oc - Stomp Out On The Side Rocks**

**\*\* 4ct Bridge Here On Wall 4 Facing 12oc, Then Continue Dance Section 4**

### Sec.4. Heel, Heel, Point, Front, Side, Flick, Stomp, Stomp, Swivel R, Swivel L

1&2&      Right Heel Forward, In Place, Left Heel Forward, In Place  
3&4      Point Right Toe, Forward, Right Side, Flick Right Behind Left  
5-6      Stomp Right Out, Stomp Left Out  
&7&8      Swivel Right Heel Left, Centre, Swivel Left Heel Right, Centre (Take Weight On Left)

**Start Again Xx**

**\*\*4ct Bridge After 24 Counts Facing 12oc**

**Beginner Option – Rocking Chair On Right**

**Improver Option – 2 X Half Pivot Turns Over Left Shoulder**

**Wall 4 - To 'Level Up' And Hit The Music:**

**After Bridge Replace Count 25-32 With Below To Hit The Music:**

**Level Up: Heel & Heel, Kick Out Out, Sailor Step, Sailor Step, Rock Back**

1&2&      Right Heel, Left Heel  
3&4      Kick Right Forward, Step Right Out, Step Left Out  
5&6&7&      Right Sailor Step, Left Sailor Step  
8&      Rock Back On Right, Recover Left

**Continue Dance From Count 1 Facing 12oc**

**Finish Dance At Front Wall, Arms Up! Ta-Da**

