

# Proud

拍數: 0                      牆數: 4                      級數: Intermediate  
編舞者: Gale Erskine (USA)  
音樂: Proud - Heather Small



Sequence: AAB, B-, C, AAB, B-, D, B, B-, B, B-  
Start the dance on the back wall or with your back to the music

## PART A

### WALK FORWARD, STEP SIDE & TOUCH, ROCK RECOVER, COASTER STEP

1-2                      Step right forward, step left forward  
3-4                      Large side step right, slide left next to right and touch  
5-6                      Rock forward left, recover on right  
7&8                      Left foot back, right together, left foot forward

### PIVOT ½ TURN, PIVOT ½ TURN, TOE TOUCH, ¼ RIGHT, SHUFFLE FORWARD

1-2                      Pivot step forward right, ½ turn left  
3-4                      Pivot step forward right, ½ turn left  
5-6                      Touch right toe next to left, ¼ turn right stepping on right  
7&-8                      Shuffle forward left, right, left

### STEP HOLD, ½ TURN RIGHT HOLD, ½ TURN LEFT HOLD, ¼ TURN SAILOR

1-2                      Step right to side and snap fingers, hold  
3-4                      ½ turn to right side and snap fingers, hold (weight on left)  
5-6                      ½ turn to left side and snap fingers, hold (weight on right)  
7&-8                      Left foot behind right, step side right, step forward left turning ¼ left

### ROCK FORWARD, ROCK BACK, STEP ¼ TURN LEFT, SAILOR STEP

1-2                      Rock forward right, recover left  
3-4                      Rock back right, recover left  
5-6                      Step forward right ¼ turn left keeping weight on right, hold  
7&-8                      Left foot behind right, step side right, step forward left

## PART B

### STEP SIDE, CHASSE RIGHT ¼ TURN, ¾ TURN RIGHT, LEFT SHUFFLE FORWARD

1-2                      Step right to side, step left together  
3&-4                      Side shuffle right with ¼ turn right  
5-6                      ¾ turn right, stepping on left then right, hold  
7&-8                      Shuffle forward, left, right, left

### ROCK FORWARD, COASTER STEP, ROCK FORWARD, SAILOR ¼ TURN LEFT

1-2                      Rock forward right, recover left (this only happens in straight b on the rock & recover bring both hands together palms facing in close to waist then spread hand up and out)  
3&-4                      Left foot back, right foot together, left foot forward  
5-6                      Rock forward right, recover left  
On B- only, on counts 5&6, grab in air with both hands and cross arms and pull towards chest  
7&-8                      Left foot behind right, step side right, step forward left turning ¼ left

### ROCK FORWARD, ½ TURN SHUFFLE, PIVOT ½ TURN SHUFFLE FORWARD

1-2                      Rock forward right, recover left  
On the rock recover clap hands like you're banging big cymbals  
3&-4                      ½ turning shuffle to right, right, left, right  
5-6                      Step forward left, ½ turn right

7&-8 Shuffle forward left, right, left

### **WEAVING VINE LEFT, THEN RIGHT**

1-2 Cross right over left, step left to side (on the cross over, behind, open both arms up and to the side)  
3&-4 Right behind left, left to side, cross right over left  
5-6 Rock left to left side, recover on right  
7&-8 Left behind right, right to side, cross left over right

### **PART B-**

1-24 Do 1st 24 counts of Part B

### **PART C**

#### **ROCKS, ½ TURN RIGHT, ROCKS**

1-2 Rock forward on right, rock back on left  
3-4 Rock forward on right, sweep left around to do ½ turn right  
5-6 Rock forward on left, rock back on right  
7-8 Rock forward on left, touch right next to left

**On 1st count of break is proud use arms**

#### **GRAPE VINE BRUSH, GRAPE VINE ¼ TURN**

1-2-3-4 Step right to side, left behind right, step right to side, left foot brush  
1-2-3-4 Step left to side, right behind left, step left to side making ¼ turn left, brush right foot

#### **JAZZ BOX ¼ TURN RIGHT**

1-2-3-4 Cross right over left, step back on left, step right to side, step together with left

### **PART D**

1-2-3&4 Stomp right foot to side angling body to right, hold & snap fingers, crossing shuffle to right  
5-6-7&8 Stomp right foot to side angling body to right, hold & snap fingers, crossing shuffle to right  
1-2-3&4 Stomp right foot to side angling body to right, hold & snap fingers, cross left over right rock recover, step left to side  
5&6&7&8 Moving left weaving grape vine, cross right over left, left side, right behind, left side, right in front, left side, right touch  
  
1-2-3&4 Stomp right foot to side angling body to right, hold & snap fingers, crossing shuffle to right  
5-6-7&8 Stomp right foot to side angling body to right, hold & snap fingers, crossing shuffle to right  
1-2-3&4 Stomp right foot to side angling body to right, hold & snap fingers, cross left over right rock recover, step left to side  
5&6&7&8 Moving left weaving grape vine, cross right over left, left side, right behind, left side, right in front, left side, right touch

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