

# Are You Proud

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate nightclub  
編舞者: Alan Haywood (UK)  
音樂: Do I Make You Proud - Taylor Hicks



## LEFT SIDE, ROCK BACK RIGHT & RIGHT SIDE & CROSS RIGHT OVER LEFT, LEFT SIDE SHUFFLE, SWAY RIGHT LEFT

1-2      Large step left to left side, rock back onto right  
&3&4      Recover weight onto left, rock right to right side, recover weight onto left, cross step right over left  
5&6      Step left to left side, close right next to left, step left to left side  
7-8      Sway right, sway left

## ROCK BACK RIGHT, RECOVER LEFT, RIGHT FORWARD MAMBO ½ RIGHT, & ROCK FORWARD RIGHT, RECOVER LEFT, RIGHT BEHIND & ACROSS

1-2      Rock back onto right, recover weight forward onto left  
3&4      Rock forward onto right, recover weight onto left, pivot ½ right stepping right forward  
&5-6      Close left next to right, rock forward onto right, recover weight back onto left  
7&8      Cross step right behind left, step left to left side, cross step right over left

## & CROSS ROCK RIGHT OVER LEFT, RECOVER LEFT, ¼ RIGHT SHUFFLE, TRIPLE FULL TURN RIGHT, SWAY RIGHT LEFT

&1-2      Step left next to right, cross rock right over left, recover weight back onto left  
3&4      Step right ¼ right, close left next to right, step right forward  
**Restart here during wall 6 (6:00 wall)**  
5&6      Make triple full turn right stepping left right left (easy option left forward shuffle)  
7-8      Sway right, sway left

## RIGHT BACK, LEFT SIDE ROCK AND CROSS, RIGHT SIDE, & SWAY RIGHT LEFT, RIGHT COASTER

1      Step back onto right  
2&3      Rock left to left side, step right next to left, cross step left over right  
4      Step right to right side  
**Restart during wall 1 here (9:00 wall)**  
&5-6      Step left next to right, sway to the right, sway left  
7&8      Step back right, step left next to right, step right forward

## REPEAT

### Restart

During 1st wall, dance only 1st 28 counts up to right to right side (section 4), then restart dance  
During 6th wall dance up to count 20 (section 3 ¼ right shuffle), then restart (facing 6:00)

## OPTIONAL ENDING

During the last wall, the music will slow slightly. Just dance with the tempo of the music to the end. You will be facing 9:00 with weight on right foot, just add an '&' step to cross right over left and unwind slowly over left shoulder to face home wall