

Proud Moments

COPPER KNOB
STEPSHEETS

拍數: 44 牆數: 4 級數: Intermediate
編舞者: Alan Haywood (UK) - November 2008
音樂: Ain't Nobody Gonna Take That from Me - Joe Nichols : (CD: The Real Things)



Intro: 16 slow counts – start on word 'baseball'

This also fits the same track by Collin Raye – Can't Back Down album –available as a download from Napster (79p)

DON'T GET THE KARAOKE VERSION!

Sec 1: R Side, Rock Back L & L Side & L ¼ L & Rock Forward L, Recover, ¼ L Shuffle

- 1-2& Step right to right side, rock back onto left, recover weight onto right
- 3&4& Step left to left side, step right behind left, step left ¼ left, step right forward (9 o'clock)
- 5-6 Lunge/rock forward onto left, recover weight back onto right
- 7&8 Making ¼ turn left step left to left side, close right next to left, step left to left side (6 o'clock)

TAG: Wall 5 – see note below

Sec 2: R Side, Rock Back L & L Side & ¼ L, R Forward, ½ L, R Forward Lock Step

- 1-2& Step right to right side, rock back onto left, recover weight onto right
- 3&4 Step left to left side, step right behind left, step left ¼ left (3 o'clock)
- 5-6 Step forward onto right, pivot ½ turn left (9 o'clock)
- 7&8 Step forward onto right, lock left behind right, step forward onto right

Sec 3: Sway L, R, L Behind And Across, Sway R, L, R Behind ¼ L ¼ L

- 1-2 Sway left to left side, sway right to right side
- 3&4 Cross step left behind right, step right to right side, cross step left over right
- 5-6 Sway right to right side, sway left to left side
- 7&8 Cross step right behind left, making a ¼ left step left forward, making a ¼ left step right to right side (3 o'clock)

Sec 4: Rock Back L & Left Side, Rock Back R & Right Side, L Behind & Across & Cross, R Side

- 1&2 Rock back left behind right, recover weight onto right, step left to left side
- 3&4 Rock back right behind left, recover weight onto left, step right to right side

RESTART: Wall 6 – see note below

- 5&6 Cross step left behind right, step right to right side, cross step left over right
- &7-8 Step right to right side, cross step left over right, step right to right side

Sec 5: Rock Back L & ¼ R, Rock Back R & ½ L, Sway LR, L Behind ¼ R L Forward

- 1&2 Rock back onto left, recover weight onto right, make ¼ right stepping left back (6 o'clock)
- 3&4 Rock back onto right, recover weight onto left, make ½ left stepping right back (12 o'clock)
- 5-6 Sway left, sway right
- 7&8 Cross step left behind right, step right ¼ right, step forward onto left (3 o'clock)

RESTART: Wall 2 – see note below

Sec 6: (4 Counts Only) R Forward, ½ L, Walk Forward R L (Proud Walk)

- 1-2 Step forward onto right, pivot half turn left (9 o'clock)
- 3-4 Walk forward right, walk forward left (proud walk forward!)

This is a lovely song and the restarts/tag are really really easy to feel and necessary. Please don't discard because of restarts and tags without trying it first!

In order to keep the dance in phase, 2 'easy-to-notice' restarts are required.

Restart no 1: DURING wall 2, dance up to count 40 (section 5) then restart the dance again facing 12 o'clock

Restart no 2: DURING wall 6, which starts facing 12 o'clock, dance up to count 28 (section 4) then restart the dance again with an `&' beat to put weight onto right – facing 3 o'clock

TAG: DURING wall 5 – which starts 6 o'clock, do FIRST 8 counts to 12 o'clock, then sway slowly RLRL, hold, dragging R to L, start dance again on the word `morning'
