

# Proud

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Karl-Harry Winson (UK) & Ross Brown (ENG) - October 2010  
音樂: Proud (Josh Harris Pride Remix) - Heather Small : (CD: Josh Harris Remix - 3:47)



**Intro: 32 Counts (Approx. 15 Secs)**

**(Section 1) Hitch, Pivot ¼ Turn R. Coaster step. Forward Rock. Full Turn L.**

- 1 – 2      Hitch right knee, make a ¼ turn right keeping right knee up as you pivot on left foot.
- 3 & 4      Step back on the right, step left next to the right, step forward on the right.
- 5 – 6      Rock forward on the left, recover weight back onto the right.
- 7 – 8      Make a ½ turn left stepping left forward, make a ½ turn left stepping back on the right. (3 o'clock)

**(Section 2) Back Rock. Step Forward, Scuff. Jazz Box ¼ Turn R**

- 1 – 2      Rock back on the left, recover weight forward onto the right.
- 3 – 4      Step forward on the left, scuff right foot beside the left.
- 5 – 6      Cross right foot over the left, step back on the left.
- 7 – 8      Make a ¼ turn right stepping right to the right, step forward with left. (6 o'clock)

**Restart 1: On Wall 3, restart the dance at this point facing 6 o'clock.**

**(Section 3) Side Switches R & L. Pivot ¼ Turn L , Flick. Side Rock. Behind, Step ¼ Turn L, Step.**

- 1 & 2      Touch right foot to the right, step right next to left, touch left foot to the left.
- 3 – 4      Pivot a ¼ turn left transferring weight to left foot, flick right foot behind left with right ankle touching just below left knee.
- 5 – 6      Rock right foot out to the right side, recover weight back onto the left.
- 7 & 8      Cross right behind the left, make a ¼ turn left stepping left forward, step forward on the right. (12 o'clock)

**(Section 4) Heel Switches (Turning ¼ Turn L). Forward Rock. Heel Switches. (Turning ¼ Turn L). Walk, Walk.**

- 1 &      Make an 1/8 turn left tapping left heel forward, step left next to the right.
- 2 &      Make an 1/8 turn left tapping right heel forward, step right next to the left.
- 3 – 4      Rock forward on the left, recover weight back onto the right.
- & 5      Step left foot next to the right, make an 1/8 turn left tapping right heel forward.
- & 6      Step right foot next to the left, make an 1/8 turn left tapping left heel forward.
- & 7 – 8      Step left foot next to the right, walk forward; right, left. (6 o'clock)

**(Section 5) Step, Touches X2 (Facing Diagonals). Out, Out ¼ Turn R. Sailor ¼ Turn R.**

- 1 – 2      Step right forward to the right diagonal (Body facing left diagonal), touch left next to right.
- 3 – 4      Step left forward to the left diagonal (Body should be facing right diagonal), touch right next to left.
- 5 – 6      Step right to the right, make a ¼ turn right stepping left to the left.
- 7 & 8      Cross step right behind left, make a ¼ turn right stepping left next to right, step forward with right. (12 o'clock)

**Alternative: On Counts 1 – 4, you can swap the Steps and Touches to give a funky Touch, Step sequence.**

**Restart 2: On Wall 6, restart the dance after Count 4 of this Section, facing 12 o'clock.**

**(Section 6) Step, Touches X2 (Facing Diagonals). Step, Pivot ½ Turn R. Kick Ball Step.**

- 1 – 2      Step left forward to the left diagonal (Body facing right diagonal), touch right next to left.
- 3 – 4      Step right forward to the right diagonal (Body facing left diagonal), touch left next to the right.
- 5 – 6      Step forward with left, pivot a ½ turn right.
- 7 & 8      Kick left foot forward, step left next to right, step forward with right. (6 o'clock)

**Alternative: Same Alternative as previous Section**

**(Section 7) Syncopated Jazz Box ¼ Turn L. Rock Back, Recover. Chasse Right.**

- 1 – 2            Cross left foot over the right, step back on the right.
- & 3 – 4        Make a ¼ turn left stepping left to the left, cross step right over left, step left to the left.
- 5 – 6           Rock back with right, recover onto left.
- 7 & 8          Step right to the right side, close left next to the right, step right to the right side. (3 o'clock)

**(Section 8) Behind, Hip Bumps X2, Behind. Step ¼ Turn L, Back Step ½ Turn L. Left Coaster Step.**

- 1 – 2            Cross step left behind right, step right to the right bumping hips right.
- 3 – 4            Bump hips to the left, cross step right behind left.
- 5 – 6            Make a ¼ turn left stepping left forward, make a ½ turn left stepping back on the right.
- 7 & 8            Step back on the left, step right beside the left, step forward on the left. (6 o'clock)

**End of Dance. Start again and Enjoy!**

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