

# Pride

拍數: 32                      牆數: 4                      級數: Novice - Lilt  
編舞者: Andreas Müller (DE) - November 2012  
音樂: Pride - Amy Macdonald : (Album: Life In A Beautiful Light - 3:23)



Intro: 16 Count Intro

## SIDE ROCK / SAILOR STEP / SHUFFLE FORWARD / STEP ¼ L TURN

1-2                      Step RF to R (1), Recover weight on LF (2) – 12:00  
3&4                      Cross RF behind LF (3), Step LF to L side (&), Step RF in place (4) – 12:00  
5&6                      Step LF forward (5), Close next to LF (&), Step LF forward (6) – 12:00  
7-8                      Step RF forward (7), make ¼ turn L weight on LF (8) – 9:00

## CROSS / SIDE / BEHIND-SIDE-CROSS / KICK-BALL CROSS x2

1-2                      Cross RF over LF (1), Step LF to L (2) – 9:00  
3&4                      Cross RF behind LF (3), Step LF to L (&), Cross RF over LF (1) – 9:00  
5&6                      Kick LF forward (5), Step LF together (&), Cross RF over LF (6) – 9:00  
7&8                      Kick LF forward (7), Step LF together (&), Cross RF over LF (8) – 9:00

## SIDE ROCK / SAILOR ¼ TURN L / HEEL SWITCH / & SHUFFEL FORWARD

1-2                      Step LF to L (1), Recover weight on RF (2) – 9:00  
3&4                      Cross LF behind RF (3), Turn ¼ L and step RF together (&), Step LF in place (4) – 6:00  
5&6                      Touch RF heel forward (5), Step RF in Place (&), Touch LF heel forward (6) – 6:00  
&7&8                      Step LF in Place (&), Step RF forward (7), Close next to RF (&), Step RF forward (8) – 6:00

## POINT & POINT / FLICK / SIDE SHUFFLE / CROSS ROCK / COASTER CROSS ¼ TURN L

1&2                      Touch LF toe to L (1), Step LF in Place (&), Touch RF toe to R (2) – 6:00  
&                          Flick RF behind LF (&) – 6:00  
3&4                      Step RF to R (3), Step LF together (&), Step RF to R (4) – 6:00  
5-6                      Cross LF over RF (5), Recover weight to RF (6) – 6:00  
7&8                      Cross LF behind RF (3), Turn ¼ L and step RF together (&), Cross LF over RF (4) – 3:00

Start again, have fun

TAG: (End of Round 4, 5, 7 and 8)

## SIDE ROCK & / SIDE ROCK &

1-2&                      Step RF to R (1), Recover weight on LF (2), Step RF together (&)  
3-4&                      Step LF to L (1), Recover weight on RF (2), Step LF together (&)

Ending: (Round 10)

## STEP ¼ TURN L x2

1-2                      Step RF forward (1), make ¼ turn L weight on LF (2) – 3:00  
3-4                      Step RF forward (3), make ¼ turn L weight on LF (4) – 12:00

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