So Proud

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Carrie Ann Green (ES) - June 2013
Music: Can't Stop Me Now - Rod Stewart : (Album: Time)

32 count intro - start on vocals

Section 1: Walk Forward R, L, Heel & Heel, Fwd, Pivot ¼ Left, Cross Shuffle

1-2	Walk forward R, Walk forward L
3&4&	Touch R heel forward, step R together, Touch L heel forward, step L together
5-6	Step R forward, pivot ¼ turn left (end with weight on L). 9.00
7&8	Cross R over L, step L to L, Cross R over L

Section 2: L Side Touch, R Side Touch, L Kick Ball Point (R) Cross Unwind ½ Turn L

1-4	Step L to L side, touch R beside L, Step R to R side, touch L beside R (optional clap on touches)
5&6	Kick L forward, step L next to R, point R out to R side
7-8	Cross R over L unwind ½ turn L, (end with weight on L) 3.00

RESTART (WALL 4) 6.00

Section 3: R Shuffle Forward, Step Forward L Touch R, R Shuffle Back, Touch Toe Behind Unwind ½ Turn L

1&2	Step forward on R, step L next to R, step forward on R (R-L-R)
3-4	Step forward on L, touch R toe behind L
5&6	Step back on R, step L next to R, step back on R (R-L-R)
7-8	Touch L toe behind R unwind ½ turn L (end with weight on L) 9.00

Section 4: R Rock Forward Recover, R Side Rock Recover, Right Shuffle Back, Step L Back, Hook R

1-2	Rock forward on R, recover on L
3-4	Rock out to R side, recover on L
5&6	Step back on R, step L next to R, step back on R (R-L-R)
7-8	Step L back, Hook R in front of L

4 Count Tag End Of Wall 2(6.00) End Of Wall 6 (12.00) End Of Wall 9: Dance The Tag Twice (3.00)

1-4	Step R kick L, step back L, hook R in front of L

Restart on Wall 4 dance to end of section 2 (count 16) make sure weight ends on L to restart the dance again

Choreographed for my Mum & Dad

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