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| Proud of You (以你為榮) (zh) |  |

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| **拍數:** | 64 | **牆數:** | 4 | **級數:** | Intermediate | . |
| **編舞者:** | Li Michelle (MY), Amy Yang (TW) & BM Leong (MY) - 2017年08月 | | | | |
| **音樂:** | Proud Of You by Fiona Fung | | | | |
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**Alt. music: Your Pride by Joey Yung (我的驕傲-容祖兒)**

**Start the dance on vocal after 16 counts.**

**Sec . 1: DIAGONAL FORWARD, RECOVER, SWEEP BACK(R&L), 1/8 TURN R BACK,**

**RECOVER L, 3/4 TURN L ON R&L**

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| 1 – 4 | Step R forward R diagonal, Recover onto L, Sweep and step RF back, Sweep and step LF back(01:30) |

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| 5 – 8 | 1/8 turn R rock back on RF(03:00), Recover onto LF, 1/2 turn L step back on RF, 1/4 TURN L step LF to L(06:00) |

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| 1 – 4 | 右足右斜前踏,重心回左足,右足後繞及後踏,左足後繞及後踏(01:30) |

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| 5 – 8 | 右轉 1/8右足後踏(03:00),重心回左足,左轉 1/2右足後踏,左轉 1/4左足左踏(06:00) |

**Sec . 2 CROSS, RECOVER, SIDE CHA CHA, 1/4 TURN L BACK, RECOVER, FORWARD SHUFFLE**

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| 1-2,3&4 | Cross RF over LF, Recover onto LF, Step RF to R, Step LF beside RF, Step R to R |

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| 5-6,7&8 | 1/4 turn L step LF back, Recover onto RF, Step LF forward, Lock RF behind LF, Step LF forward(03:00) |

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| 1-2,3&4 | 右足交叉左足前,重心回左足,右足右踏,左足併於右足旁,右足右踏 |

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| 5-6,7&8 | 左轉 1/4左足後踏,重心回右足,左足前踏,右足鎖步於左足後,左足前踏(03:00) |

**Sec. 3 CROSS, SIDE, SAILOR, CROSS, 1/4 TURN L BACK, 1/4 TURN L CHA CHA**

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| 1-2,3&4 | Cross RF over LF, Step LF to L, Cross RF behind LF, Step LF beside RF, Step RF to R |

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| 5-6,7&8 | Cross LF over RF, 1/4 turn L stepping back on RF, 1/4 turn L step LF to L, Step RF beside LF, Step LF to L(09:00) |

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| 1-2,3&4 | 右足交叉左足前,左足左踏,右足交叉左足後,左足併於右足旁,右足右踏 |

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| 5-6,7&8 | 左足交叉右足前,右轉 1/4右足後踏,左轉 1/4左足左踏,右足併於左足旁,左足左踏 (09:00) |

**Sec . 4 CROSS, RECOVER, SIDE CHASSE(R&L)**

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| 1-2,3&4 | Cross RF over LF, Recover onto LF, Step RF to R, Step LF beside RF, Step RF to R |

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| 5-6,7&8 | Cross LF over RF, Recover onto RF, Step LF to L, Step RF beside LF, Step LF to L |

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| 1-2,3&4 | 右足交叉左足前,重心回左足,右足右踏,左足併於右足旁,右足右踏 |

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| 5-6,7&8 | 左足交叉右足前,重心回右足,左足左踏,右足併於左足旁,左足左踏 |

**Sec . 5 FORWARD, PIVOT 1/2 TURN L, FORWARD SHUFFLE, FORWARD, PIVOT 1/2 TURN R, FORWARD SHUFFLE**

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| 1-2,3&4 | Step RF forward, Pivot 1/2 turn L step on LF, Step RF forward, Lock LF behind RF, Step RF forward(03:00) |

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| 5-6,7&8 | Step LF forward, Pivot 1/2 turn R step on RF, Step LF forward, Lock RF behind LF, Step LF forward(09:00) |

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| 1-2,3&4 | 右足前踏,左軸轉 1/2左足踏,右足前踏,左足鎖步右足後,右足前踏(03:00) |

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| 5-6,7&8 | 左足前踏,右軸轉 1/2右足踏,左足前踏,右足鎖步於左足後,左足前踏(09:00) |

**Sec . 6 FORWARD ROCK, COASTER 1/4 TURN R, FORWARD, TRIPLE 1/2 TURN L**

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| 1 – 4 | Rock RF forward, Recover onto LF, 1/4 turn R stepping back on RF, Step LF beside RF, Step RF forward(12:00) |

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| 5-6,7&8 | Rock LF forward, Recover onto RF, 1/4 turn L step LF slightly to L side, Step RF beside LF, 1/4 turn L step LF forward(06:00) |

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| 1 – 4 | 右足前踏,重心回左足,右轉 1/4足後踏,左足併於右足旁,右足前踏(12:00) |

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| 5-6,7&8 | 左足前踏,重心回右足,左轉 1/4左足左踏,右足併於左足旁,左轉 1/4左足前踏(06:00) |

**Sec . 7 PADDLE 1/4 TURN L(x2), SAMBA(L&R)**

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| 1 – 4 | Step RF forward, Paddle 1/4 turn L step on LF, Step RF forward, Paddle 1/4 turn L step on LF(12:00) |

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| 5-6,7&8 | Cross RF over LF, Step LF to L, Recover onto RF, Cross LF over RF, Step RF to R, Recover onto LF |

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| 1 – 4 | 右足前踏,左轉 1/4左足踏,右足前踏,左轉 1/4左足踏(12:00) |

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| 5-6,7&8 | 右足交叉左足前,左足左踏,重心回右足,左足交叉右足前,右足右踏,重心回左足 |

**Sec . 8 JAZZ BOX 1/4 TURN R, HIP SWAYS**

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| 1 – 4 | Cross RF over LF, Step LF back, 1/4 turn R step RF to R, Step LF beside RF(03:00) |

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| 5 – 8 | Sway hip R、L、R、L |

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| 1 – 4 | 右足交叉左足前,左足後踏,右轉 1/4右足右踏,左足併於右足旁(03:00) |

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| 5 – 8 | 搖右臀、左臀、右臀、左臀 |

**Start again**

**Restarts :**

**During wall 2 and 4, after 16 counts(facing 06:00 and 12:00)**

**During wall 3, after 62 counts(facing 09:00)**

**重新開始 :**

**第二面牆及第四面牆，跳16拍(面向06:00及12:00)**

**第3面牆，跳62拍(面向09:00)**

**Have Fun & Happy Dancing!**

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