

# Proud

Count: 68

Wall: 4

Level: Intermediate

Choreographer: Lindsay Spence (SCO) - July 2014

Music: Can't Stop Me Now - Rod Stewart : (Album: Time)



**\*\* Written for the Glasgow Commonwealth Games. \*\***

## #32 Count Intro.

**Section 1: [1- 8] Right Kick and point, Left kick and point, step back right, left heel forward, Left step in place, right touch beside left.**

- 1&2 kick Right foot forward bring back and step, point Left foot to the left side bring back and step together.
- 3&4 Kick Left foot forward bring back and step, point Right foot to the side bring back, step together
- 5,6,7,8 Step back on Right foot, point Left heel forward, bring Left back and step bring right foot back and touch.

**Section 2: [9-16] Right Back step, left heel forward, left step in place, right touch in place, walk forward right, left, right, kick. left forward.**

- 1,2 Back on Right foot, point Left heel forward, bring Left foot back and step in place.
- 3,4 Bring Right foot back and touch.
- 5,6,7,8 . Walk forward on Right, Left, Right and kick Left foot forward.

**Section 3: [17- 24] Walk back, left, right, left coaster cross, right side left behind, right side Left Heel Jack and hold.**

- 1,2, Walk back Left foot, Right foot.
- 3&4 Left together Right left cross over right.
- 5,6& Right side step, left behind Right side step, left heel forward
- 7 - 8 HOLD and HOLD

**Section 4: [25 – 32] Right cross, left side right behind step left ¼ turn , Two ¼ Paddle turns left,**

- &1,2 ,3, 4 Cross Right foot over Left, step Left foot to the left side, Right foot step behind, ¼ turn Left step
- 5,6,7,8 . Step on Right foot, turn Left 1/8th step touch, step on Right foot, turn Left 1/8th step touch.

**Section 5: [33 – 40] Walk forward right, left, right, left touch. Left side touch, right side touch.**

- 1,2,3,4 Walk forward on Right foot, Left foot, Right foot and touch Left foot beside right.
- 5,6,7,8 . Left foot to the side, Right touch beside Left, Right touch to the side, Left touch.

**Section 6: [41 – 48] Grape Vine left scuff, grape vine right ¼ turn left scuff. forward**

- 1, 2, 3, 4 . Left foot side, Right foot behind Left to the side, scuff or brush Right forward, bring Right foot back step with weight on right.
- 5, 6, 7, 8 . Step Right, Left foot behind Right, step Right ¼ turn, Left brush or scuff forward.

**Section 7: [49 – 56] left Cross, back, step, right cross, back step, left rock back, recover.**

- 1,2,3 Cross Left foot over Right, step Right foot back, step Left foot to Left side.
- 4,5,6 Cross Right foot over Left, step back on Left foot, step to the Right side,
- 7-8 Left foot rock back and recover

**Section 8: [57 – 64] Left Shuffle ½ turn rock back on right recover. Right shuffle , ¼ turn, rock back left recover.**

- 1&2 Step Left foot forward step together, step Left foot forward making a ½ turn right
- 3-4 Rock back on Right foot recover,

5 &6                Step forward on right foot, step together with left, Step forward on foot with ¼ turn right.  
7-8                Rock back on Left foot recover.

**Section 9: [65 – 68] left Rock forward recover, and right touch.**

1,2,3,4            Rock forward on Left foot, back on Left with weight on left leg, touch Right foot beside Left.

**Start again.**

**Restart on wall 2 at count 48.**

**Tag on wall 4 at count 62 - Step, ¼ turn, right side rock, recover and touch.**

**Tag on wall 5 at count 66 for extra 3 counts - Left Rock forward and back, touch.**

**Happy Dancing !**

**Submitted By – Sadie Paterson: - sadielinedancer@gmail.com**

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