

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

Contact: dizzyc71@hotmail.com