

# Proud

**Compte:** 48

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Harriet Langston (UK) & Natalie Langston (UK) - June 2015

**Musique:** Proud - JLS : (iTunes)



**Intro: 16 count**

**(Section 1) side drag, sailor step, behind side cross, rock recover, sailor quarter turn □**

- 1 Take big step to right side sliding your left foot next to right
- 2&3 Step left behind right, right to right side and step left next to right
- 4&5 Step right behind left, step left to left side and cross right over left
- 6 7 Rock onto left, recover onto right
- 8&1 Cross left behind right make  $\frac{1}{4}$  turn left stepping right next to left, step foot to side [9.00]

**(Section 2) step, spiral turn, left shuffle, side rock cross, side rock cross**

- 2 3 Step onto right, unwind a full turn (spiral turn) left hooking your left foot in front of right
- 4&5 Step onto left, step right together and step left forward
- 6&7 Rock right to right side, recover onto left and cross right over left
- 8&1 Rock left to left side, recover onto right and cross left over right

**(Section 3) step  $\frac{1}{4}$ , step  $\frac{1}{2}$ , lock step back, hip bump  $\frac{1}{2}$  turn, hip bump  $\frac{1}{2}$  turn**

- 2 3 Step onto right making a  $\frac{1}{4}$  of a turn to your right, step back onto left making a  $\frac{1}{2}$  turn to your left [6.00]
- 4& 5 Step back onto right, close left in front of right and step back onto right
- 6&7 Touch left behind right making  $\frac{1}{2}$  turn to your left swaying your hips right, left, putting weight onto left
- 8&1 Touch right in front of left making a  $\frac{1}{2}$  turn to your left swaying your hips right, left, putting weight onto right [6.00]

**(Section 4) step, step, toe, step, heel, step, mambo step**

- 2 3 Step onto left, step onto right
- 4 5 Touch left toe behind right, step back onto left
- 6&7 Right heel forward, step onto right and bring left foot forward
- 8&1 Step right foot forward, back onto left and step back onto right

**(Section 5) chasse left, rock back recover, coaster step, kick ball change**

- 2&3 Step left to left side, close right beside left and step left to left side
- 4 5 Rock back onto right, recover onto left □□[restart here on wall 5]
- 6&7 Step back onto right, step left next to right and step forward on right on L
- 8&1 kick left foot forward, step left next to right and step right next to left.

**(Section 6)  $\frac{1}{4}$  turn, step, step lock back, step  $\frac{1}{2}$ , step  $\frac{1}{2}$ , step,  $\frac{1}{2}$  coaster**

- 2 3 Step  $\frac{1}{4}$  to your left stepping onto left, cross right over left [3.00]
- 4&5 Step back onto left, close right in front of left and step back onto left
- 67&8 Make a  $\frac{1}{2}$  turn right stepping onto right, Make a  $\frac{1}{2}$  turn right stepping onto left, step back on right and step left next to right

**Tag: at the end of walls 1 and 3**

- 1-4 sway your hips right, left, right, left transferring your weight

**Restart : After 36 count on wall 5**

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