

# Proud

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Karl-Harry Winson (UK) and Ross Brown (UK)

**Music:** Proud (Josh Harris Pride Remix) by Heather Small (128 BPM), CD; Josh Harris Remix [Length - 3:47]

## Intro: 32 Counts (Approx. 15 Secs)

### (Section 1) Hitch, Pivot $\frac{1}{4}$ Turn R. Coaster step. Forward Rock. Full Turn L.

- 1 - 2 Hitch right knee, make a  $\frac{1}{4}$  turn right keeping right knee up as you pivot on left foot.
- 3 & 4 Step back on the right, step left next to the right, step forward on the right.
- 5 - 6 Rock forward on the left, recover weight back onto the right.
- 7 - 8 Make a  $\frac{1}{2}$  turn left stepping left forward, make a  $\frac{1}{2}$  turn left stepping back on the right. (3 o'clock)

### (Section 2) Back Rock. Step Forward, Scuff. Jazz Box $\frac{1}{4}$ Turn R

- 1 - 2 Rock back on the left, recover weight forward onto the right.
- 3 - 4 Step forward on the left, scuff right foot beside the left.
- 5 - 6 Cross right foot over the left, step back on the left.
- 7 - 8 Make a  $\frac{1}{4}$  turn right stepping right to the right, step forward with left. (6 o'clock)

### Restart 1: On Wall 3, restart the dance at this point facing 6 o'clock.

### (Section 3) Side Switches R & L. Pivot $\frac{1}{4}$ Turn L, Flick. Side Rock. Behind, Step $\frac{1}{4}$ Turn L, Step.

- 1 & 2 Touch right foot to the right, step right next to left, touch left foot to the left.
- 3 - 4 Pivot a  $\frac{1}{4}$  turn left transferring weight to left foot, flick right foot behind left with right ankle touching just below left knee.
- 5 - 6 Rock right foot out to the right side, recover weight back onto the left.
- 7 & 8 Cross right behind the left, make a  $\frac{1}{4}$  turn left stepping left forward, step forward on the right. (12 o'clock)

### (Section 4) Heel Switches (Turning $\frac{1}{4}$ Turn L). Forward Rock. Heel Switches. (Turning $\frac{1}{4}$ Turn L). Walk, Walk.

- 1 & Make an  $\frac{1}{8}$  turn left tapping left heel forward, step left next to the right.

- 2 &        Make an 1/8 turn left tapping right heel forward, step right next to the left.
- 3 - 4       Rock forward on the left, recover weight back onto the right.
- & 5         Step left foot next to the right, make an 1/8 turn left tapping right heel forward.
- & 6         Step right foot next to the left, make an 1/8 turn left tapping left heel forward.
- & 7 - 8     Step left foot next to the right, walk forward; right, left. (6 o'clock)

**(Section 5) Step, Touches X2 (Facing Diagonals). Out, Out ¼ Turn R. Sailor ¼ Turn R.**

- 1 - 2        Step right forward to the right diagonal (Body facing left diagonal), touch left next to right.
- 3 - 4        Step left forward to the left diagonal (Body should be facing right diagonal), touch right next to left.
- 5 - 6        Step right to the right, make a ¼ turn right stepping left to the left.
- 7 & 8        Cross step right behind left, make a ¼ turn right stepping left next to right, step forward with right. (12 o'clock)

**Alternative: On Counts 1 - 4, you can swap the Steps and Touches to give a funky Touch, Step sequence.**

**Restart 2: On Wall 6, restart the dance after Count 4 of this Section, facing 12 o'clock.**

**(Section 6) Step, Touches X2 (Facing Diagonals). Step, Pivot ½ Turn R. Kick Ball Step.**

- 1 - 2        Step left forward to the left diagonal (Body facing right diagonal), touch right next to left.
- 3 - 4        Step right forward to the right diagonal (Body facing left diagonal), touch left next to the right.
- 5 - 6        Step forward with left, pivot a ½ turn right.
- 7 & 8        Kick left foot forward, step left next to right, step forward with right. (6 o'clock)

**Alternative: Same Alternative as previous Section**

**(Section 7) Syncopated Jazz Box ¼ Turn L. Rock Back, Recover. Chasse Right.**

- 1 - 2        Cross left foot over the right, step back on the right.
- & 3 - 4       Make a ¼ turn left stepping left to the left, cross step right over left, step left to the left.
- 5 - 6        Rock back with right, recover onto left.
- 7 & 8        Step right to the right side, close left next to the right, step right to the right side. (3 o'clock)

**(Section 8) Behind, Hip Bumps X2, Behind. Step  $\frac{1}{4}$  Turn L, Back Step  $\frac{1}{2}$  Turn L. Left Coaster Step.**

- 1 - 2**      Cross step left behind right, step right to the right bumping hips right.
- 3 - 4**      Bump hips to the left, cross step right behind left.
- 5 - 6**      Make a  $\frac{1}{4}$  turn left stepping left forward, make a  $\frac{1}{2}$  turn left stepping back on the right.
- 7 & 8**      Step back on the left, step right beside the left, step forward on the left. (6 o'clock)

**End of Dance. Start again and Enjoy!**

**Contacts: [krazy\\_kark@hotmail.com](mailto:krazy_kark@hotmail.com) / [ross-brown@hotmail.co.uk](mailto:ross-brown@hotmail.co.uk)**