

Are You Proud

32 count, 4 wall, Intermediate level

Choreographer: Alan Haywood (UK) Aug 2006
Choreographed to: Do I Make You Proud by Taylor
Hicks, CD Single (144 bpm)

16 count intro – starts 1 count before vocals

L Side, Rock Back R & R Side & Cross R Over L, L Side Shuffle, Sway R L

- 1-2 Large step left to left side, rock back onto right
&3&4 Recover weight onto left, rock right to right side, recover weight onto left, cross step right over left
5&6 Step left to left side, close right next to left, step left to left side
7-8 Sway right, sway left

Rock Back R, Recover L, R Forward Mambo 1/2 R, & Rock Forward R, Recover L, R Behind & Across

- 1-2 Rock back onto right, recover weight forward onto left
3&4 Rock forward onto right, recover weight onto left, pivot 1/2 right stepping right forward
&5-6 Close left next to right, rock forward onto right, recover weight back onto left
7&8 Cross step right behind left, step left to left side, cross step right over left

& Cross Rock R Over L, Recover L, 1/4 R Shuffle, Triple Full Turn R, Sway R L

- &1-2 Step left next to right, cross rock right over left, recover weight back onto left
3&4 Step right 1/4 right, close left next to right, step right forward
RESTART HERE DURING WALL 6 (6 O'CLOCK WALL)
5&6 Make triple full turn right stepping L R L (easy option left forward shuffle)
7-8 Sway right, sway left

R Back, L Side Rock And Cross, R Side, & Sway R L, R Coaster

- 1 Step back onto right
2&3 Rock left to left side, step right next to left, cross step left over right
4 Step right to right side
RESTART DURING WALL 1 HERE (9 O'CLOCK WALL)
&5-6 Step left next to right, sway to the right, sway left
7&8 Step back right, step left next to right, step right forward

Restarts

Unfortunately there are two restarts to keep in phase.

Restart 1 during 1st wall, dance only 1st 28 counts up to right to right side (section 4) then restart dance

Restart 2 during 6th wall dance up to count 20 (section 3 1/4 R shuffle) then restart (facing 6 o'clock)

I promise they are easy to spot!

OPTIONAL ENDING

During the last wall, the music will slow slightly, just dance with the tempo of the music to the end. You will be facing 9 o'clock with weight on right foot, just add an '&' step to cross right over left and unwind slowly over left shoulder to face home wall.

Please remember this is nightclub 2 step style, so you will need to put in the unscripted pauses and slow moves with the music.