

## 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.