

Pride

64 Count, 4 Wall, Intermediate

Choreographer: Pat Stott (UK) September 2012

Choreographed to: Pride by Amy Macdonald,

CD: Life In A Beautiful Light, Deluxe Version

Commence after 16 beats on vocals

- 1** **Walk, walk, coaster step fwd, walk back, walk back, coaster step**
123&4 Walk fwd on right, walk fwd on left, coaster step forward,
567&8 Walk back walk back, coaster step
- 2** **Cross, recover, chasse right, cross, recover, chasse left with 1/4 turn left**
123&4 Cross right over left, recover, chase right
567&8 Cross left over right, recover, chasse left with 1/4 turn left
- 3** **Right toe fwd, hold, switch, left toe fwd, switch, right toe fwd, switch, rock fwd, recover, shuffle back**
12&3&4& right toe forward hold, close, left toe forward, close, right toe forward, close
567&8 rock forward on left, recover, shuffle back
- 4** **Reverse 1/2 turn, 1/4 pivot, cross, side, weave**
1234 right toe back, reverse 1/2 turn right, step forward on left, 1/4 pivot right transferring weight to right
567&8 cross left over right, right to right, weave behind, side, cross in front
****TAG** during wall 3 & wall 5 add tag 2 and restart
- 5** **Rock right, recover, cross shuffle, rock left to left, recover, rock left to left, recover**
123&4 rock right to right, recover onto left, cross shuffle
5678 rock left to left, recover, rock left to left, recover
- 6** **Cross, side, heel jack, close, cross, side, heel jack, close**
123&4& cross left over right, right to right, step back on left, close right to left,
extend left heel diagonally fwd, close
567&8 & cross right over left, left to left, step back on right, close, extend right heel diagonally fwd, close
- 7** **Cross, hold, ball, cross, side, cross, recover, 1/4 turning chasse left**
12&34 cross left over right, hold, small step to right on ball of foot, cross over left, step right to right
567&8 cross left over right, recover on right, chasse with 1/4 turn left
- 8** **Rock fwd, recover, rock back looking back over right shoulder, recover, rock fwd, 1/2 turn right, walk fwd on left**
1234 rock forward on right, recover on left, rock back on right turning foot out and looking back over right
shoulder, recover to original position
5678 rock forward on right, recover on left, turn 1/2 right stepping forward on right, walk forward on left
(Option for 7 - 8: turn 1/2 right stepping forward on right pivoting full turn right on right foot and step
forward on left)
- Tag 1** end of wall 2 (facing 6 o'clock) & wall 4 (facing 9 o'clock)
Rocking chair: rock fwd on right, recover, rock back on right, recover
- **Tag 2** during wall 3 & wall 5. Dance 32 counts then add :
rock right to right, recover, rock right to right, recover.
Restart from the beginning of the dance (you will be facing 12 o'clock during wall 3
and you will be facing 3 o'clock during wall 5)
- Ending:** dance first 2 steps - walk, walk, large step right to right, hold with arms out to the sides.

Dedicated to all our fantastic athletes who took part in London 2012
