

Proud

64 Count, 2 Wall, Intermediate

Choreographer: Karl-Harry Winson (UK) and
Ross Brown (UK) Oct 2010Choreographed to: Proud (Josh Harris Pride Remix)
by Heather Small, CD: Josh Harris Remix (128 bpm)
[Length – 3:47]

Intro: 32 Counts (Approx. 15 Secs)

1 Hitch, Pivot ¼ Turn R. Coaster step. Forward Rock. Full Turn L.

- 1 – 2 Hitch right knee, make a ¼ turn right keeping right knee up as you pivot on left foot.
3 & 4 Step back on right, step left next to right, step forward on right.
5 – 6 Rock forward on left, recover weight back onto right.
7 – 8 Make a ½ turn left stepping left forward, make a ½ turn left stepping back on right. (3:00)

2 Back Rock. Step Forward, Scuff. Jazz Box ¼ Turn R

- 1 – 2 Rock back on left, recover weight forward onto right.
3 – 4 Step forward on left, scuff right foot beside left.
5 – 6 Cross right foot over left, step back on left.
7 – 8 Make a ¼ turn right stepping right to right, step forward on left. (6:00)

Restart 1: On Wall 3, restart dance at this point facing 6 o'clock.**3 Side Switches R & L. Pivot ¼ Turn L, Flick. Side Rock. Behind, Step ¼ Turn L, Step.**

- 1 & 2 Touch right foot to right, step right next to left, touch left foot to left.
3 – 4 Pivot a ¼ 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 right side, recover weight back onto left.
7 & 8 Cross right behind left, make a ¼ turn left stepping left forward, step forward on right (12:00)

**4 Heel Switches (Turning ¼ Turn L). Forward Rock. Heel Switches.
(Turning ¼ Turn L). Walk, Walk.**

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

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

- 1 – 2 Step right forward to right diagonal (Body facing left diagonal), touch left next to right.
3 – 4 Step left forward to left diagonal (Body should be facing right diagonal), touch right next to left.
5 – 6 Step right to 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 on right. (12:00)

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 dance after Count 4 of this Section, facing 12 o'clock.**6 Step, Touches X2 (Facing Diagonals). Step, Pivot ½ Turn R. Kick Ball Step.**

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

Alternative: Same Alternative as previous Section

7 Syncopated Jazz Box ¼ Turn L. Rock Back, Recover. Chasse Right.

- 1 – 2 Cross left foot over right, step back on 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 right side, close left next to right, step right to right side. (3:00)

8 Behind, Hip Bumps X2, Behind. Step ¼ Turn L, Back Step ½ 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 left, cross step right behind left.
5 – 6 Make a ¼ turn left stepping left forward, make a ½ turn left stepping back on right.
7 & 8 Step back on left, step right beside left, step forward on left. (6 o'clock)

End of Dance. Start again and Enjoy!
