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Proud

68 Count, 4 Wall, Intermediate Choreographer: Lindsay Spence (UK) July 2014 Choreographed to: Can't Stop Me Now by Rod Stewart, CD: Time

32 Count Intro.

1- 8	Right Kick and point, Left kick and point, right step back, left heel forward, right step in place, left touch beside right.
1&2 3&4	Kick Right foot forward bring back and step, point Left to the left side bring back and step together. Kick Left foot forward bring back and step, point Right foot to the side bring back, step together
5,6,7,8	Step back on Right foot point Left heel forward, bring Left back and step right foot back in place
9-16	Right Back step, left heel forward, left step, in place right step in place walk right, left, right, kick. left forward.
1,2 3,4	Back on Right foot, point Left heel forward, bring Left foot back and step in place. Bring Right foot back and step in place.
5,6,7,8	Walk forward on Right, Left, Right and kick Left foot forward.
17- 24 1,2 3&4 5, 6,7,8	Walk back, left, right, left coaster cross, side behind, Left Heel Jack and hold. Walk back Left foot, Right foot, Left foot. Step Right foot beside Left Cross left foot over Right foot, step Right foot to side, Left step back Right foot the side, Left heel forward and hold for one count, step Left foot back together, hold
25 - 32 &1,2,3,4 5,6,7,8	Right cross, left side right behind step left ¼ turn, Two ¼ Paddle turns left, Cross Right foot over Left, step Left foot to the left side, Right foot step behind, ¼ turn Left step Step on Right foot, turn Left 1/8 th step touch, step on Right foot, turn Left 1/8 th step touch.
33 - 40 1,2,3,4 5,6,7,8	Walk forward right, left, right, touch. Left touch, right touch. Walk forward on Right foot, Left foot, Right foot and touch Left foot beside right. Left foot to the side, Right touch beside Left, Right touch to the side, Left touch.
	Grapevine left scuff, grapevine right ¼ turn left scuff. forward Left foot side, Right foot behind Left to the side, scuff or brush Left forward, bring Left foot back step with weight on right

- bring Left foot back step with weight on right.
- 5, 6, 7, 8 Step Right, Left foot behind Right, step Right ¼ turn, Left brush or scuff forward.

Left Cross, back, step, right cross, back step, left rock back, recover. 49 - 56

- Cross Left foot over Right, step Right foot back, step Left foot to Left side. 1,2,3
- Cross Right foot over Left, step back on Left foot, step to the Right side, 4,5,6
- Left foot rock back and recover 7-8

57 - 64 Shuffle ½ turn left, rock and recover. Shuffle right, ¼ turn, rock back, recover.

- 1&2 Step Left foot, step together, step Left foot with a ½ turn.
- Rock back on Right foot, step forward on Right, step together
- 5 &6, 7-8 Step Right with ¼ turn, rock back on Left foot, rock Left foot forward and back in place.

65 - 68 Left Rock forward recover, and right touch.

1,2,3,4 Rock forward on Left foot, back on Left with weight on left leg, touch Right foot beside Left.

Restart on wall 2 at count 48.

Tag on wall 4 at count 62 - Step, ½ turn, right side rock, recover and touch.

Tag on wall 5 at count 66 for extra 3 counts - Left Rock forward and back, touch.

Start again. Happy Dancing!