

## Proud Moments

44 Count, 4 Wall, Intermediate, Nightclub style  
Choreographer: Alan Haywood (UK) November 2008  
Choreographed to: Ain't Nobody Gonna Take That  
From Me by Joe Nichols, Real Things Album  
(148 bpm) or by Collin Raye, Can't Back Down Album

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### Intro – 16 slow counts – start on word 'baseball'

- 1. R side, rock back L & L side & L ¼ L & rock forward L, recover, ¼ L shuffle**  
1-2& Step right to right side, rock back onto left, recover weight onto right  
3&4& Step left to left side, step right behind left, step left ¼ left, step right forward (9 o'clock)  
5-6 Lunge/rock forward onto left, recover weight back onto right  
7&8 Making ¼ turn left step left to left side, close right next to left, step left to left side (6 o'clock)  
**TAG** – Wall 5 – see note below
- 2. R side, rock back L & L side & ¼ L, R forward, ½ L, R forward lock step**  
1-2& Step right to right side, rock back onto left, recover weight onto right  
3&4 Step left to left side, step right behind left, step left ¼ left (3 o'clock)  
5-6 Step forward onto right, pivot ½ turn left (9 o'clock)  
7&8 Step forward onto right, lock left behind right, step forward onto right
- 3. Sway L, R, L behind and across, sway R, L, R behind ¼ L ¼ L**  
1-2 Sway left to left side, sway right to right side  
3&4 Cross step left behind right, step right to right side, cross step left over right  
5-6 Sway right to right side, sway left to left side  
7&8 Cross step right behind left, making ¼ left step left forward, making ¼ left step right to right side (3 o'clock)
- 4. Rock back L & left side, rock back R & right side, L behind & across & cross, R side**  
1&2 Rock back left behind right, recover weight onto right, step left to left side  
3&4 Rock back right behind left, recover weight onto left, step right to right side  
**RESTART** – Wall 6 – see note below  
5&6 Cross step left behind right, step right to right side, cross step left over right  
&7-8 Step right to right side, cross step left over right, step right to right side
- 5. Rock back L & ¼ R, rock back R & ½ L, sway LR, L behind ¼ R L forward**  
1&2 Rock back onto left, recover weight onto right, make ¼ right stepping left back (6 o'clock)  
3&4 Rock back onto right, recover weight onto left, make ½ left stepping right back (12 o'clock)  
5-6 Sway left, sway right  
7&8 Cross step left behind right, step right ¼ right, step forward onto left (3 o'clock)  
**RESTART** – Wall 2 – see note below
- 6. R forward, ½ L, walk forward R L (proud walk) (4 counts only)**  
1-2 Step forward onto right, pivot half turn left (9 o'clock)  
3-4 Walk forward right, walk forward left (proud walk forward!)

**Restarts:** In order to keep the dance in phase, 2 'easy-to-notice' **restarts** are required.

**Restart 1** – during wall 2, dance up to count 40 (section 5) then restart the dance again facing 12 o'clock

**Restart 2** – during wall 6, which starts facing 12 o'clock, dance up to count 28 (section 4) then restart the dance again with an '&' beat to put weight onto right – facing 3 o'clock

During wall 5 – which starts 6 o'clock, do first 8 counts to 12 o'clock, then sway slowly RLRL, hold, dragging R to L, start dance again on the word 'morning'

**This is a lovely song and the restarts/tag are really, really easy to feel and necessary. Please don't discard because of restarts and tags without trying it first!**

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Music download available from [www.napster.com](http://www.napster.com) (Collin Raye – not the Karaoke version)

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