

Web site: www.linedancerweb.com

E-mail: admin@linedancerweb.com

Proud

48 Count, 4 Wall, Intermediate Choreographer: Harriet Langston & Natalie Langston (UK) June 2015

Choreographed to: Proud by JLS

16 count intro

	Side drag, sailor step, behind side cross, rock recover, sailor quarter turn
1 2&3	Take big step to right side sliding your left foot next to right
2&3 4&5	Step left behind right, right to right side and step left next to right Step right behind left, step left to left side and cross right over left
6 7	Rock onto left, recover onto right
8&1	Cross left behind right make ¼ turn left stepping right next to left, step foot to side [9.00]
	Step, spiral turn, left shuffle, side rock cross, side rock cross
23	Step onto right, unwind a full turn (spiral turn) left hooking your left foot in front of right
4&5	Step onto left, step right together and step left forward
6&7 8&1	Rock right to right side, recover onto left and cross right over left Rock left to left side, recover onto right and cross left over right
οαι	Rock left to left side, recover onto right and cross left over right
	Step ¼, step ½, lock step back, hip bump ½ turn, hip bump ½ turn
2 3	Step onto right making a 1/4 of a turn to your right, step back onto left making a 1/2 turn to your left [6.00
4& 5	Step back onto right, close left in front of right and step back onto right
6&7	Touch left behind right making ½ turn to your left swaying your hips right, left, putting weight onto left
8&1	Touch right in front of left making a ½ turn left swaying your hips right, left, putting weight on right [6.00]
	Step, step, toe, step, heel, step, mambo step
2 3	Step onto left, step onto right
4 5	Touch left toe behind right, step back onto left
6&7	Right heel forward, step onto right and bring left foot forward
8&1	Step right foot forward, back onto left and step back onto right
	Chasse left, rock back recover, coaster step, kick ball change
2&3	Step left to left side, close right beside left and step left to left side
4 5	Rock back onto right, recover onto left (restart)
6&7	Step back onto right, step left next to right and step forward on right
8&1	Kick left foot forward, step left next to right and step right next to left.
	1/4 turn, step, step lock back, step 1/2, step 1/2, step, 1/2 coaster
2 3	Step ¼ to your left stepping onto left, cross right over left [3.00]
4&5	Step back onto left, close right in front of left and step back onto left
678&	Make a ½ turn right stepping onto right, Make a ½ turn right stepping onto left,
	step back on right and step left next to right
Tag	at the end of walls 1 and 3
1-4	Sway your hips right, left, right, left transferring your weight

Restart After 36 count on wall 5