

PROUD MOMENTS

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Count: 44

Wall: 4

Level: Intermediate

Choreographer: Alan Haywood (UK) Nov 08

Music: Ain't Nobody Gonna Take That From Me by Joe Nichols (CD: The Real Things [148bpm])

Intro: 16 slow counts - start on word 'baseball'

This also fits the same track by Collin Raye - Can't Back Down album -available as a download from Napster (79p)

DON'T GET THE KARAOKE VERSION!

Sec 1: R Side, Rock Back L & L Side & L $\frac{1}{4}$ L & Rock Forward L, Recover, $\frac{1}{4}$ 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 $\frac{1}{4}$ left, step right forward (9 o'clock)
- 5-6** Lunge/rock forward onto left, recover weight back onto right
- 7&8** Making $\frac{1}{4}$ 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

Sec 2: R Side, Rock Back L & L Side & $\frac{1}{4}$ L, R Forward, $\frac{1}{2}$ 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 $\frac{1}{4}$ left (3 o'clock)
- 5-6** Step forward onto right, pivot $\frac{1}{2}$ turn left (9 o'clock)
- 7&8** Step forward onto right, lock left behind right, step forward onto right

Sec 3: Sway L, R, L Behind And Across, Sway R, L, R Behind $\frac{1}{4}$ L $\frac{1}{4}$ 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 a $\frac{1}{4}$ left step left forward, making a $\frac{1}{4}$ left step right to right side (3 o'clock)

Sec 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

Sec 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

Sec 6: (4 Counts Only) R Forward, ½ L, Walk Forward R L (Proud Walk)

- 1-2** Step forward onto right, pivot half turn left (9 o'clock)
3-4 Walk forward right, walk forward left (proud walk forward!)

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!

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

Restart no 1: DURING wall 2, dance up to count 40 (section 5) then restart the dance again facing 12 o'clock

Restart no 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

TAG: 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'