

Proud

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Count: 48

Wall: 4

Level: Intermediate

Choreographer: Harriet and Natalie (U.K) June 2015

Music: Proud by JLS (iTunes)

Intro: 16 count

(Section 1) side drag, sailor step, behind side cross, rock recover, sailor quarter turn

- 1** Take big step to right side sliding your left foot next to right
- 2&3** Step left behind right, right to right side and step left next to right
- 4&5** 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 $\frac{1}{4}$ turn left stepping right next to left, step foot to side [9.00]

(Section 2) step, spiral turn, left shuffle, side rock cross, side rock cross

- 2 3** 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** Rock right to right side, recover onto left and cross right over left
- 8&1** Rock left to left side, recover onto right and cross left over right

(Section 3) step $\frac{1}{4}$, step $\frac{1}{2}$, lock step back, hip bump $\frac{1}{2}$ turn, hip bump $\frac{1}{2}$ turn

- 2 3** Step onto right making a $\frac{1}{4}$ of a turn to your right, step back onto left making a $\frac{1}{2}$ 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 $\frac{1}{2}$ turn to your left swaying your hips right, left, putting weight onto left
- 8&1** Touch right in front of left making a $\frac{1}{2}$ turn to your left swaying your hips right, left, putting weight onto right [6.00]

(Section 4) 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

(Section 5) 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 here on wall 5]

6&7 Step back onto right, step left next to right and step forward on right on L

8&1kick left foot forward, step left next to right and step right next to left.

(Section 6) ¼ turn, step, step lock back, step 1/2, step 1/2, step, ½ 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

1-4sway your hips right, left, right, left transferring your weight

Restart : After 36 count on wall 5

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