

So Proud

32 Count, 4 Wall, Improver

Choreographer: Carrie Ann Green (Spain) June 2013
Choreographed to: Can't Stop Me Now by Rod Stewart,
CD: Time

32 count intro - start on vocals

1 Walk Forward R, L, Heel & Heel, Fwd, Pivot ¼ Left, Cross Shuffle

1-2 Walk forward R, Walk forward L

3&4& Touch R heel forward, step R together, Touch L heel forward, step L together

5-6 Step R forward, pivot ¼ turn left (end with weight on L). 9.00

7&8 Cross R over L, step L to L, Cross R over L

2 L Side Touch, R Side Touch, L Kick Ball Point (R) Cross Unwind ½ Turn L

1-4 Step L to L side, touch R beside L, Step R to R side, touch L beside R (optional clap on touches)

5&6 Kick L forward, step L next to R, point R out to R side

7-8 Cross R over L unwind ½ turn L, (end with weight on L) 3.00

RESTART (WALL 4) 6.00

3 R Shuffle Forward, Step Forward L Touch R, R Shuffle Back, Touch Toe Behind Unwind ½ Turn L

1&2 Step forward on R, step L next to R, step forward on R (R-L-R)

3-4 Step forward on L, touch R toe behind L

5&6 Step back on R, step L next to R, step back on R (R-L-R)

7-8 Touch L toe behind R unwind ½ turn L (end with weight on L) 9.00

4 R Rock Forward Recover, R Side Rock Recover, Right Shuffle Back, Step L Back, Hook R

1-2 Rock forward on R, recover on L

3-4 Rock out to R side, recover on L

5&6 Step back on R, step L next to R, step back on R (R-L-R)

7-8 Step L back, Hook R in front of L

TAG: End Of Wall 2(6.00). End Of Wall 6 (12.00).

End Of Wall 9: Dance The Tag Twice (3.00)

1-4 Step R kick L, step back L, hook R in front of L

Restart on Wall 4 - dance to end of section 2 (count 16) make sure weight ends on L to restart the dance again

Choreographed/dedicated to my Mum & Dad