

# Are You Proud

32 Count – 4 wall – intermediate (nightclub 2 step style)

16 count intro – starts 1 count before vocals

Choreographed by Alan Haywood (UK) (August 2006)

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Choreographed to “Do I Make You Proud” by Taylor Hicks (American Idol winner 2006) – CD Single – 144bpm

## Section 1

**L side, rock back R & R side & cross R over L, L side shuffle, sway R L**

1-2 Large step left to left side, rock back onto right

&3&4 Recover weight onto left, rock right to right side, recover weight onto left, cross step right over left

5&6 Step left to left side, close right next to left, step left to left side

7-8 Sway right, sway left

## Section 2

**Rock back R, recover L, R forward mambo 1/2 R, & rock forward R, recover L, R behind & across**

1-2 Rock back onto right, recover weight forward onto left

3&4 Rock forward onto right, recover weight onto left, pivot 1/2 right stepping right forward

&5-6 Close left next to right, rock forward onto right, recover weight back onto left

7&8 Cross step right behind left, step left to left side, cross step right over left

## Section 3

**& cross rock R over L, recover L, 1/4 R shuffle, triple full turn R, sway R L**

&1-2 Step left next to right, cross rock right over left, recover weight back onto left

3&4 Step right 1/4 right, close left next to right, step right forward

**RESTART HERE DURING WALL 6 (6 O'CLOCK WALL)**

5&6 Make triple full turn right stepping L R L (easy option left forward shuffle)

7-8 Sway right, sway left

## Section 4

**R back, L side rock and cross, R side, & sway R L, R coaster**

1 Step back onto right

2&3 Rock left to left side, step right next to left, cross step left over right

4 Step right to right side **RESTART DURING WALL 1 HERE (9 O'CLOCK WALL)**

&5-6 Step left next to right, sway to the right, sway left

7&8 Step back right, step left next to right, step right forward

## NOTE: Restarts

Unfortunately there are two restarts to keep in phase.

**Restart 1 during 1<sup>st</sup> wall, dance only 1<sup>st</sup> 28 counts up to right to right side (section 4) then restart dance**

**Restart 2 during 6<sup>th</sup> wall dance up to count 20 (section 3 1/4 R shuffle) then restart (facing 6 o'clock)**

I promise they are easy to spot!

## OPTIONAL ENDING

During the last wall, the music will slow slightly, just dance with the tempo of the music to the end. You will be facing 9 o'clock with weight on right foot, just add an '&' step to cross right over left and unwind slowly over left shoulder to face home wall.

Please remember this is nightclub 2 step style, so you will need to put in the unscripted pauses and slow moves with the music.

**END OF DANCE – ENJOY!**

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