

Proud Moments



44 Count – 4 wall intermediate – nightclub style

Intro – 16 slow counts – start on word 'baseball'

Choreographed by Alan Haywood (UK) (November 2008)

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Choreographed to "Ain't Nobody Gonna Take That From Me" by Joe Nichols from the Real Things Album

148bpm – available from www.amazon.co.uk, www.play.com, www.cdwow.com, www.zavvi.co.uk

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!**

Section 1

R side, rock back L & L side & L ¼ L & rock forward L, recover, ¼ 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 ¼ left, step right forward (9 o'clock)

5-6 Lunge/rock forward onto left, recover weight back onto right

7&8 Making ¼ 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

Section 2

R side, rock back L & L side & ¼ L, R forward, ½ 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 ¼ left (3 o'clock)

5-6 Step forward onto right, pivot ½ turn left (9 o'clock)

7&8 Step forward onto right, lock left behind right, step forward onto right

Section 3

Sway L, R, L behind and across, sway R, L, R behind ¼ L ¼ 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 ¼ left step left forward, making a ¼ left step right to right side (3 o'clock)

Section 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

Section 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

Section 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

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'

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