

Proud & Free

32 count, 2 wall, intermediate level
 Choreographer: Guyton Mundy, January 2026
 Choreographed to: "Still Standing" by Cain Walker

Intro 16 counts, smooth west coast rhythm

Section 1 Walk R-L, Mambo Step, Coaster Step, Recover-1/2-1/4

1 2 Walk forward on right, walk forward on left
 3&4 Rock forward on right, recover left, step back on right
 5&6 Step back on left, step together with right, rock forward on left
 7&8 Recover on right, make a 1/2 turn over left stepping forward on left,
 make a 1/4 turn to left stepping right to right side (3:00)

Section 2 Syncopated Weave, Touch L behind R, 3/4 Unwind L, Jazz Box w. Step

1&2 Step left behind right, step right to right side, cross left over right
 &3 Step right to right side, touch left behind right
 4 Unwind 3/4 turn over left shoulder with weight ending on left
 5 6 7 8 Cross right over left, step back on left, step right to right, step forward on left *** Restart wall 2

Section 3 Cross-Back-1/4 R, Behind-Side-Cross, 1/4 L-1/2 L-Step, Walk L-R

1&2 Cross right over left, step back on left, make a 1/4 turn to the right stepping right to right side
 3&4 Step left behind right, step right to right side, cross left over right
 5&6 Step back on right as you make a 1/4 turn to left,
 step forward on left as you make a half turn to left, step forward on right
 7 8 Walk forward on left, walk forward on right

Section 4 Mambo Step, Back, Back-Out-Out-&-Cross, 1/2 Unwind R

1&2 Rock forward on left, recover on right, step back on left
 3 4 Walk back on right, walk back on left
 &5 Step right out to right, step left out to left
 &6 Step right next to left, cross left over right
 7 8 Unwind 1/2 turn to the right with weight ending on left foot

Restart *On the 2nd wall restart the dance after 16 counts on the front wall*

Tag 1 *After the 3rd wall take 4 small steps forward*
 1 2 3 4 *Walk small steps forward: Right, left, right, left*

Tag 2 *After the 5th wall dance this 8-count-tag :*
Walk R-L, Mambo Step, Back L-R, Coaster Step
 1 2 *Walk forward right+left*
 3&4 *Rock forward on right, recover on left, step back on right*
 5 6 *Walk backward left+right*
 7&8 *Step back on left, step together with right, step forward on left*

Tag 3 *After the 6th wall take 2 step forward*
 1 2 *Walk forward R+L*