Proud & Free

Count: 32 **Wall:** 2 **Level:** Intermediate
Choreographer: Guyton Mundy (USA) - January 2026
Music: Still Standing - Cain Walker

Smooth west coast rhythm
#16 count intro

[1-8] walk X2, mambo, coaster, rock recover, ½, ¼

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 ½ turn over left stepping forward on left, make a ¼ turn to left stepping right to right side

[9-16] syncopated weave, hook, ¾ unwind, jazz box

1&2	step left behind right, step right to right side, cross left over right
&3	step right to right side, hook left behind right
4	unwind a ¾ 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

[17-24] cross back side with ¼, behind side cross, ¼, ½, walk X2

1&2	cross right over left, step back on left, make a ¼ 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 ¼ tun 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

[25-32] mambo, back, back, out out and cross, ½ unwind

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 a ½ 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. Right, left , right, left

-Tag 2: after the 5th wall easy tag.
- 8 counts. Walk forward right left, right mambo, walk back left right, left coaster

Tag 3: after wall 6 walk forward right, left

Have fun and just put a little attitude in it.
Yeah I know…. Easy for a Guyton Dance!!!

Last Update - 8 Jan. 2026 - R1