

Proud & Free

COPPERKNOB
STEPSHEETS

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Eric Rinaldi (INA) - January 2026

Music: Still Standing - Cain Walker



#16 count intro

32 count, 1 restart, 3 tag

Restart : After wall 2 (16 count)

Tag 1 (4 count) : End of wall 3

Tag 2 (8 count) : End of wall 5

Tag 3 (2 count) : End of wall 6

Section 1 STEP SIDE, DRAG & TOUCH

- 1 , 2 Long step R to side, dragging L touch beside R
- 3 , 4 L touch to side, L touch beside R
- 5 , 6 Long step L to side, dragging R touch beside L
- 7 , 8 R touch to side, R touch beside L

Section 2 BACK - TOUCH, V STEP

- 1 , 2 R back step, L touch beside R
- 3 , 4 L back step, R touch beside L
- 5 , 6 R forward diagonal, L forward diagonal
- 7 , 8 R back diagonal to center, L back diagonal to center

Section 3 FORWARD LOCK SHUFFLE

- 1 , 2 R forward diagonal, L lock behind R
- 3 & 4 R forward diagonal, L lock behind R, R forward diagonal
- 5 , 6 L forward diagonal, R lock behind L
- 7 & 8 L forward diagonal, R lock behind L, L forward diagonal

Section 4 ROCK FORWARD, COASTER STEP, PIVOT 1/4 R, CROSS SHUFFLE

- 1 , 2 Step R Forward, Step L in place
- 3 & 4 Step R back, Step L together, Step R forward
- 5 , 6 Step L forward, Turn 1/4 right step R in place (03.00)
- 7 & 8 Cross L over R, Step R to side, Cross L over R

Tag 1 DIAGONAL FORWARD TOUCH

- 1 , 2 Touch R diagonal forward , Step R beside L
- 3 , 4 Touch L diagonal forward , Step L beside R

Tag 2 DIAGONAL FORWARD TOUCH

- 1 , 2 Touch R diagonal forward , Step R beside L
- 3 , 4 Touch L diagonal forward , Step L beside R
- 5 , 6 Touch R diagonal forward , Step R beside L
- 7 , 8 Touch L diagonal forward , Step L beside R

Tag 3 STEP TOGETHER

- 1 , 2 Step R to right, Step L beside R

Last Wall

- 1 , 2 R forward diagonal, L lock behind R
- 3 & 4 R forward diagonal, L lock behind R, R forward diagonal

5 , 6 Step L forward, step R in place
7 & 8 Turn 1/2 left step, step and touch R to side

Ending : The song ends during Wall 8 (which starts facing 06:00), and then follow the last wall to finish the dance facing 12:00 - ta da !!!
