

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 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

[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