

School Dance Styles

Ecole de Danse

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, 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

[9-16] syncopated weave, hook, 3/4 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 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

[17-24] cross back side with 1/4, behind side cross, 1/4, 1/2, walk X2

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

[25-32] mambo, back, back, out out and cross, 1/2 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 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. 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

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