

Pride and Joy

Choreographed by Doug and Jackie Miranda

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Description: 64 Count, 2 Wall, Intermediate Line Dance

Music: "Pride and Joy" by Cassandre McKinley; Album: Til Tomorrow (Remembering Marvin Gaye)

Dance starts on vocals

Counts – Step Description

Set 1 Side Rock Recover Cross Toe Strut, Side Rock Recover Cross Toe Strut

1-4 Side rock R to R side, recover on L, cross touch R toe over L, bring R heel down transferring weight to R

5-8 Side rock L to L side, recover on R, cross touch L toe over R, bring L heel down transferring weight to L

(Note: Travel forward when doing this set of 8)

Set 2 Shuffle Forward Step ½ Turn, Shuffle Forward Full Turn

1&2 Shuffle forward R, L, R

3-4 Step forward on L, pivot ½ turn R bringing weight forward on R

5&6 Shuffle forward L, R, L

7-8 Turn a full turn forward over L shoulder by making a ½ turn L as you step back on R, turn another ½ turn L stepping forward on L

Set 3 Step Side Behind Step Side Point, ½ Turn Step Down Step Side Behind Point

1-4 Step R to R side, step L behind R, step R to R side, point L to L side (weight still on R)

(Styling: lean body to R as you point L to L side and throw arms to R side)

5-8 Turn ½ turn L as you step down on L, step R to R side, step L behind R, point R to R

(Styling: lean body to L as you point R to R side and throw arms down to L side)

Set 4 Cross Points Traveling Forward, Monterey Turn Cross Point

1-4 Cross R over L, point L to L side, cross L over R, point R to R side

5-8 Monterey turn R by turning ½ turn R and stepping down on R, point L to L side, cross L over R, point R to R side

Set 5 Step Forward Slow Sweep ½ Turn Hold Cross Step, Side Shuffle Rock Recover

1-2 Step forward on R as you slowly sweep L into a ½ turn R for counts 1, 2

3-4 Cross step L over R putting weight on L (count 3), hold (count 4)

5&6 Side shuffle to R side R, L, R

7-8 Cross rock L behind R, recover on R

(Continued on next page)

Set 6 ¼ Turn Toe Strut, ¼ Turn Toe Strut, ¼ Turn Toe Strut, Rock Recover

1-4 Turn ¼ L touching L toe forward, step down on L heel, turn ¼ L touching R toe to R side, step down on R heel

5-8 Turn ¼ turn L stepping back on L toe, step down on L heel, rock back on R, recover on L (you will have completed a ¾ turn)

Set 7 Side Rock Recover Cross, Side Rock Recover ¼ Cross, Side Rock Recover Cross, Side Rock Recover Cross

&1,2 Rock R to R side, recover on L, cross R over L

&3,4 Traveling forward rock L to L side, recover on R, turn ¼ L as you cross L over R

&5,6 Rock R to R side, recover on L, cross R over L

&7,8 Traveling forward rock L to L side, recover on R, cross L over R

Set 8 Step Lock Forward Brush Step Down, ½ Turn with Shoulder Shimmies Lean Back

1-4 Step lock forward R, L, R, brush L forward

5-8 Step down on L (count 5) and slowly turn into a ½ turn R as you lean back onto L and bump your hips or shimmy your shoulders or do both for counts 5, 6, 7, 8 ending with weight back on L

Start Again