Proud Mary '18

Count: 88	**Wand:** 1	**Ebene:** Phrased Improver / Intermediate

Choreograf/in: Glynn Rodgers (UK) - January 2018
Musik: Proud Mary - Creedence Clearwater Revival

Phrasing: Section Phrased - A, B & C (Bridge)
Sequence: AB AB CA BC AB BBB

Part A: Verse (and instrumental on 3rd repetition)
Sec A1: Rock Step, Shuffle ½ turn, Pivot ½ Turn, Walk Forward.

1-2	Rock forward right, recover weight on to left.
3&4	Shuffle ½ right stepping right-left-right.
5-6	Step forward left, pivot ½ turn right.
7&8	Walk forward left-right.

Sec A2: Rock Step, Shuffle ½ turn, Pivot ½ Turn, Walk Forward.

1-2	Rock forward left, recover weight on to right.
3&4	Shuffle ½ turn left stepping left-right-left.
5-6	Step forward right, pivot ½ turn left.
7-8	Walk forward right-left.

Sec A3: Partial Figure of 8 Grapevine with ¼ Turn.

1-2	Step right to right side, cross left behind right.
3-4	Turn ¼ right stepping forward right, step forward left.
5-6	Pivot ½ turn right, turn ¼ right stepping left to left side.
7-8	Cross right behind left, turn ¼ left stepping forward left.

Sec A4: ¼ Chasse Right, Back Rock, Chasse Left, Back Rock.

1&2	Turn ¼ left with chasse right stepping right-left-right.
3-4	Rock back left, recover weight on to right.
5&6	Chasse left stepping left-right-left.
7-8	Rock back right, recover weight on to left.

Sec A5: Camel Walks Forward Right & Left.

1-2	Step right diagonally forward, slide left to right.
3-4	Step right diagonally forward, slide left to right & clap hands.
5-6	Step left diagonally forward, slide right to left.
7-8	Step left diagonally forward, slide right to left & clap hands.

(Option – use "shoop shoop arms on the above section)

Sec A6: Diagonal Step & Claps Back x4.

1-2	Step diagonally back right, touch left beside right & clap hands.
3-4	Step diagonally back left, touch right beside left & clap hands.
5-6	Step diagonally back right, touch left beside right & clap hands.
7-8	Step diagonally back left, touch right beside left & clap hands.

Part B: Chorus ("Rolling, rolling, rolling on the river")
[1-8] Rolling Grapevine Right & Left with Claps.

1-2	Turn ¼ right stepping forward right, turn ½ right stepping back left.
3-4	Turn ¼ right stepping right to right side, touch left beside right.
5-6	Turn ¼ left stepping forward left, turn ½ left stepping back right.
7-8	Turn ¼ left stepping left to left side, touch right beside left.

[9-16] ¼ Turn Right x2, Back Rock, Kick Ball Cross x2.

1-2	Turn ¼ right stepping forward right, turn ¼ right stepping side left.
3-4	Rock back right, recover weight on to left.
5&6	Kick right forward, step right to place, cross left over right.
7&8	Kick right forward, step right to place, cross left over right.

Part C: Bridge – Instrumental
C[1-8] Grapevine Right, Pivot ½ Turn x2.

1-2	Step right to right side, cross left behind right.
3-4	Step right to right side, touch left beside right.
5-6	Step forward left, pivot ½ turn right.
7-8	Step forward left, pivot ½ turn right.

C[9-16] Grapevine Left, Pivot ½ Turn x2.

1-2	Step left to left side, cross right behind left.
3-4	Step left to left side, touch right beside left.
5-6	Step forward right, pivot ½ turn left.
7-8	Step forward right, pivot ½ turn left.

C[17-24] K Step with Claps.

1-2	Step diagonally forward right, touch left beside right & clap hands.
3-4	Step diagonally back left, touch right beside left & clap hands.
5-6	Step diagonally back right, touch left beside right & clap hands.
7-8	Step diagonally forward left, touch right beside left & clap hands.

Optional Ending

On the last repetition of section B the song fades out at around count 12 and you will end up facing the back when the music ends – you can replace counts 9-12 with further rolling vine to the right to keep you facing the front wall at the end of the song.

I hope you enjoy this dance – it was lots of fun putting it together and once you have heard the song the sections will all make sense (I hope!). Feel free to email me at glynnrodgers@live.com if you need help.