

Proud Mary

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Gaye Teather (UK)

Musik: Proud Mary - Dave Sheriff



RIGHT AND LEFT HEEL SWITCHES, KICK RIGHT FORWARD TWICE, BACK ROCK, RIGHT SHUFFLE FORWARD

- 1&2 Touch right heel forward, step right in place beside left, touch left heel forward
&3-4 Step left in place beside right, kick right forward twice
5-6 Rock back on right, recover onto left
7&8 Step forward on right, step left beside right, step forward on right

STEP, PIVOT HALF TURN RIGHT, SHUFFLE HALF TURN RIGHT, BACK ROCK, KICK BALL TOUCH

- 9-10 Step forward on left, pivot half turn right
11&12 Shuffle half turn right stepping left, right, left
13-14 Rock back on right, recover onto left
15&16 Kick right forward, step right beside left, touch left beside right (facing 12:00)

FULL ROLLING TURN LEFT, TOUCH, FULL ROLLING TURN RIGHT, TOUCH

- 17-18 Step left quarter turn left, make half turn left stepping back on right
19-20 Make quarter turn left stepping left to left side, touch right beside left
21-22 Step right quarter turn right, make half turn right stepping back on left
23-24 Make quarter turn right stepping right to right side, touch left beside right

For dancers who prefer not to turn, just replace the rolling turns with grapevines left and right

SIDE, BEHIND, QUARTER TURN LEFT, SHUFFLE FORWARD, STEP, PIVOT HALF LEFT, WALK RIGHT, LEFT

- 25-26 Step left to left, cross right behind left
27&28 Turn quarter left stepping forward on left, step right beside left, step forward on left
29-30 Step forward on right, pivot half turn left
31-32 Walk forward right, walk forward left

REPEAT
