

# Proud Mary

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Gaye Teather (UK)

**Musique:** Proud Mary - Dave Sheriff



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## **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**

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