

Proud Mary

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Gerald Biggs (USA) - July 2008
音乐: Proud Mary - Creedence Clearwater Revival : (CD: Chronicle: 20 greatest hits, 24 karat gold disc)



FORWARD HEEL SWITCHES, CLAP, CLAP, SHUFFLE FORWARD, STEP TURN ½ RT

1& Touch RT heel forward, Step RT next to LT
2& Touch LT heel forward, Step LT next to RT
3&4 Touch RT heel forward, Clap, Clap (weight LT)
5&6 Shuffle forward, R,L,R
7-8 Step LT forward, Pivot ½ turn RT (weight RT)

CROSS SHUFFLE, TOE STRUTS, RT CROSS PIVOT ¼ TURN LT

1&2 Cross LT over RT, Step RT to side, Cross LT over RT
3-4 Touch RT toe to side, Drop RT heel
5-6 Cross (touch) LT toe over RT, Drop LT heel
7-8 Step RT over LT, Pivot ¼ turn LT (weight RT)

CHASSE SIDE LT, KICK, KICK, CHASSE SIDE RT, KICK, KICK

1&2 Step LT to side, Step RT together, Step LT to side
3-4 Kick RT foot forward twice, across and in front of LT
5&6 Step RT to side, Step LT together, Step RT to side
7-8 Kick LT foot forward twice, across and in front of RT

LT ROCK BACK RECOVER, STEP TURN ½ TURN RT, ROCK RECOVER, COASTER STEP ¼ TURN LT

1-2 Rock back on LT, Recover onto RT
3-4 Step forward LT, Pivot ½ turn RT (weight RT)
5-6 Rock forward on LT, Recover onto RT
7&8 Step LT back while turning ¼ turn LT, Step RT next to LT, Step LT forward

Start again
