

# Proud Mary '18

COPPER KNOB  
STEPSHEETS

拍數: 88      牆數: 1      級數: Phrased Improver / Intermediate  
編舞者: Glynn Rodgers (UK) - January 2018  
音樂: 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](mailto:glynnrodgers@live.com) if you need help.

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