

Rollin' with CCR

拍數: 64 牆數: 4 級數: Low Intermediate
編舞者: Carl Sullivan (AUS) - December 2018
音樂: Proud Mary - Creedence Clearwater Revival : (Any Version, e.g. Live at Stockholm)



If you can speed up your version of Proud Mary to 130 bpm...it's better
PATTERN: Each Sequence Turns ¼ Right

- 1&2-3-4 Side Shuffle to R (R, L, R), Rock back L replace on R
5&6-7&8 Touch L heel to L, Step L back, Cross R over L. Repeat
- 1&2-3-4 Side shuffle to L (L, R, L), Rock Back R, Replace on L
5-6-7-8 Step R to R, Step L behind R, Step R to R, Cross-step L over R
- 1-2-3-4 Rock R to R, Replace on L, Cross-step R over L, Hold
5-6 Rock L to L, Starting to turn ¼ R - Replace on R
7-8 Complete ¼ turn R- Step L fwd, Hold - 3:00
- 1-2-3-4 V Step (Step R fwd & R, Step L to L, Step R back to centre, Step L beside R)
5-6-7-8 Step R to R, Touch L beside R, Step L to L, Touch R beside L
- 1-2-3-4 Rolling vine R, Touch L beside R
5-6-7-8 Rolling vine L, Touch R beside L
- 1-2-3-4 Step R back, Step L beside R, Step R back, Hitch L knee
5-6-7-8 Step fwd L, Step R beside L, Step L fwd, Passing Scuff beside L with R
- 1-2-3-4 R fwd Rocking chair (Rock R fwd, Back on L, Rock R back Replace on L)
5-6-7-8 Rock R fwd, Replace on L, R back Coaster Step (R, L, R)
- 1-2-3-4 L fwd Rocking chair
5-6-7-8 Rock L fwd, Replace on R, L back Coaster Step (L, R, L) 3:00

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Tag: After Wall 2 and 4 do this long Tag

- 1-2-3-4 Step R fwd, Pivot ¼ turn L onto L, Step R fwd, Hold
5-6-7-8 Step L fwd, Pivot ¼ turn R onto R, Step L fwd, Hold
- 1-2 Cross-Step R over L, Step L back on L diagonal,
3-4 Step R back on R diagonal, Cross-step L over R
5-6 Step R back on R diagonal, ¼ L Step L fwd
7-8 Step R fwd, Pivot ½ turn L onto R
- 1-4 Lock-Step on R & Scuff to R diagonal
5-8 Lock-Step fwd on L & Scuff to L diagonal

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