

Proud Mary

COPPERKNOB
STEPSHEETS

拍數: 0 牆數: 2 級數: Intermediate hustle
編舞者: Wendy Dee (CAN)
音樂: Proud Mary - Ike & Tina Turner



Sequence: INTRO, A, A, B, TAG 1, A, B, TAG 2, A, B, TAG 2, A, B, TAG 2, B, B

INTRO

ROLLING RIGHT, ROLLING LEFT, ROLLING RIGHT, & HOP, BODY ROLL, & HOP, BODY ROLL

1-4 Rolling vine right
5-8 Rolling vine left
9-12 Rolling vine right
&13 (Hop to left) left, right
14 Body roll
&15 (Hop to left) left, right
16 Body roll

PART A

(MOVING TO LEFT) RIGHT TOE DROP, LEFT TOE DROP, RIGHT TOE DROP, STEP LEFT, BUMP LEFT

1-4 Right toe over left, drop right heel, left toe to left side, drop left heel
5-8 Right toe over left, drop right heel, step left to left onto toe, step left down as you bump left hip to left side (with attitude)

STEP RIGHT, BUMP RIGHT, STEP LEFT, BUMP LEFT, STEP RIGHT BUMP RIGHT HIPS/ARMS AROUND TO LEFT

9-12 Step right to right onto right toe, step down onto right as you bump right hip to right (with attitude), step onto left toe, step down onto left as you bump hip to left
13&14&15&16 Swing hips and arms around to left (weight ending on left)

(MOVING TO RIGHT) RIGHT TOE DROP, LEFT TOE DROP, RIGHT TOE DROP, STEP LEFT, BUMP LEFT Same as previous 16 counts except you start right toe to right and moving to your right

17-20 Step right toe to right side, drop right heel, cross left toe over right, drop left heel
21-24 Step right toe to right side, drop right foot down and bump right hip to right (with attitude), step down onto left toe to left, drop left foot down as you bump left hip to left side (with attitude)

STEP RIGHT BUMP RIGHT, STEP LEFT BUMP LEFT, HIPS/ARMS AROUND TO LEFT

25-28 Step down onto right toe to right, step down onto right foot as you bump right hip to right (with attitude), step down onto left toe, step left foot down as you bump hip to left (with attitude)
29&30&31&32 Swing hips and arms around to left ending with weight on right

(HOP TO LEFT) LEFT, RIGHT HOLD, BACK RIGHT, LEFT, RIGHT, LEFT

&33-34 Hop out to left side onto left, touch right together, hold
&35&36 Hop back onto right, left back together with right, step back onto right, step left beside right

STEP RIGHT, ½ TURN LEFT, STEP RIGHT, ½ TURN LEFT

37-40 Step forward onto right, pivot ½ turn left, step forward onto right, pivot ½ turn left

ROCK, STEP & HOP ½ TURN, CLAP

41-42&43-44 Rock forward onto right, back onto left, step back ½ turn right onto right, left beside right, clap

SHIMMY SHOULDERS FOR 4 BEATS WITH ARMS OUT TO SIDES

45-48 Step forward onto right and shimmy shoulders for 4 counts

ROLLING RIGHT, ROLLING LEFT, ROLLING RIGHT, &HOP, HOLD, &HOP, HOLD

49-56 Rolling vine to right, rolling vine to the left

57-64 Rolling vine to right, (hopping to left) onto left, right hold, left, right, hold

PART B

1-16 Repeat counts 49-64 of Part A

TAG 1

1-8 Step right forward, pivot 1/8 turn left, repeat 3 times for a 1/2 turn left

9-16 Repeat 1-8 above (facing front wall again)

17-24 Rock forward onto right, back onto left, rock back onto right, forward onto left

25-32 Step for right, hold, step for, left, hold, step right, left, right, left

TAG 2

Throw your arms forward and back 3 times while hopping right, left 12 times

ARM THROWS FORWARD WITH HEAD DOWN, ARMS & SHOULDERS BACK (PALMS FORWARD) TO SIDES WITH HEAD UP (WHILE HOPPING DOUBLE TIME ON SPOT)

&1&2 (While hopping on spot right, left, right, left) throw arms forward with palms down and bend slightly over with head down stepping right, left

Now hold this pose for your 2nd right, left steps

&3&4 Repeat right, left, right, left on the spot but this time take your arms to your sides and throw your head up and hold the position

ARM SHAKES FORWARD & BACK WHILE HOPPING DOUBLE TIME ON SPOT

&5&6 Repeat counts &1&2

Arm movements and hopping on spot with arms forward and head down

&7&8 Repeat counts &3&4

Arm movements and hopping on spot with arms to sides and head up

ARM SHAKES FORWARD & BACK WHILE HOPPING DOUBLE TIME ON SPOT

&9&10 Repeat counts &1&2

Arm movements and hopping on spot with arms forward and head down

&11&12 Repeat counts &3&4

Arm movements and hopping on spot with arms to sides and head up

ARM MOVEMENTS FOLLOWING BEAT OF MUSIC:

ARMS OUT, THEN IN, HOLD, ARMS BACK, HOLD, ABOVE, MASH RIGHT HAND, HOLD, LEFT HAND, HOLD, RIGHT, LEFT, RIGHT-LEFT-RIGHT

13-16 Punch both hands forward, in to chest, punch arms out to sides at shoulder level, back into chest

17-24 Throw arms up and behind head, throw arms up straight above head, mash potato hands down to waist, right, left, right, left, right, left

Just use a kind of karate chop with each beat of music

FULL TURN TO LEFT STEPPING 1/8 TURN 8 TIMES & SWING HIPS

25-40 Using right foot lead, step 1/8 turn to left and repeat 7 times for full turn left
