

# Proud Mary

**COPPER** KNOB  
BY STEPHEN BATES

拍數: 32      牆數: 4      級數: Improver  
編舞者: Gaye Teather (UK)  
音樂: 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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