

Proud Mary

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner

編舞者: Gerald Biggs (USA) - July 2008

音樂: 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
