

# Proud Mary Burnin'

**COPPER KNOB**  
STEPSHEETS

拍數: 124      牆數: 1      級數: Intermediate / Advanced Pop/Rock  
編舞者: Sobrielo Philip Gene (SG) - July 2011  
音樂: Proud Mary (Glee Cast Version) - Glee Cast : (Album: Glee Season 2)



Intro: 16 counts - Sequence: Wall 1(80 counts), Tag, Walls 2, 3, 4, Ending

WALL 1: Music is slow - do the dance until count 80 (Arm Rolls). This will bring you to the back wall (6.00)

TAG: Cross right over left(1), unwind ½ turn left(2-4)(12.00). Bounce right heel for 8 counts, bounce left heel for 8 counts, bounce right heel for 8 counts, bounce left heel for 8 counts. Start dance again.

## [1-8] SIDE SHUFFLE, ROCK BACK RECOVER, KICK BALL CROSSES

1&2      Step right to right(1), step left beside right(&), step right to right(2)  
3-4      Rock left behind right(3), recover weight to right(4)  
5&6      Kick left forward(5), step left beside right(&) cross right over left(6)  
7&8      Kick left forward(7), step left beside right(&), cross right over left(8)

## [9-16] SIDE SHUFFLE, ROCK BACK RECOVER, KICK BALL CROSSES

1&2      Step left to left (1), step right beside left(&), step left to left(2)  
3-4      Rock right back (3), recover weight onto left(4)  
5&6      Kick right forward(5), step right beside left(&), cross left over right(6)  
7&8      Kick right forward(7), step right beside left(&), cross left over right(8)

## [17-24] MONTEREY ½ TURN, POINT STEP, MONTEREY ½ TURN, POINT STEP

1-2      Point right to right(1), making ½ turn right step right beside left(2) (6.00)  
3-4      Point left to left(3), step left beside right(4)  
5-6      Point right to right(5), making ½ turn right step right beside left(6) (12.00)  
7-8      Point left to left(7), step left beside right(8)

## [25-32] ROCK RECOVER WALKS, ROCK RECOVER WALKS

1-2      Rock forward right(1), recover weight onto left(2)  
3-4      Making ½ turn right step right forward(3), step left forward(4) (6.00)  
5-6      Rock forward right(5), recover weight onto left(6)  
7-8      Making ½ turn right step right forward(7), step left forward(8) (12.00)

## "Big Wheels keep on turning"

### [33-40] VINE RIGHT TOUCH, ROLLING VINE ¼ TURN LEFT TOUCH

1-2      Step right to right(1), step left behind of right(2)  
3-4      Step right to right(3), touch left beside right(4)  
5-6      Making ¼ left step left forward(5), making ½ turn left step right back(6)  
7-8      Making ½ left step left forward(7), touch right beside left (8) (9.00)

### [41-48] VINE RIGHT TOUCH, ROLLING VINE ¼ TURN LEFT TOUCH

1-2      Step right to right(1), step left behind of right(2)  
3-4      Step right to right(3), touch left beside right(4)  
5-6      Making ¼ left step left forward(5), making ½ turn left step right back(6)  
7-8      Making ½ left step left forward(7), touch right beside left (8) (6.00)

## "Rolling, rolling, rolling on the river"

### [49-56] ARM ROLLS (2 x)

1-2      Roll arms above head (1,2)  
3-4      Roll arms at hip level, leaning slightly forward(3,4)

- 5-6 Roll arms above head(5,6)  
7-8 Roll arms at hip level, leaning slightly forward(7,8)

**[57-64] ARM ROLL, PIVOT ¼ TURN LEFT, PIVOT ¼ TURN LEFT**

- 1-2 Roll arms above head (1,2)  
3-4 Roll arms at hip level, leaning slightly forward(3,4)  
5-6 Step right forward(5), pivot ¼ turn left(6) (12.00)  
7-8 Step right forward(7), pivot ¼ turn left(8)

**[65-80] Repeat counts 49-64 to end up facing the back wall (6.00)**

**Instrumental**

**[81-92] SMALL WALKS FORWARD KICK, WALK BACK TOUCH**

- 1-7 walk forward R,L,R,L,R,L,R  
8 Kick left forward

**Hands option: slowly bring hands up into a Y shape on respective sides (palms facing front), hands come down on 8**

- 1-4 Walk back L,R,L(1-3), touch right beside left(4)

**\*Note the 4 counts (not 8)**

**[93-100] SMALL JUMPS FORWARD, BACK, ¼ TURN SMALL JUMPS FORWARD, BACK**

- &1-2 Step right slightly forward to right(&), step left slightly forward to left(1), Hold(2)  
&3-4 Step right slightly back(&), step left beside right(3), Hold(4)  
&5-6 Making ¼ left step right slightly forward to right(&), step left slightly forward to left(5), Hold(6) (3.00)  
&7-8 Step right slightly back(&), step left beside right(7), Hold(8)

**[101-108] ¼ TURN SMALL JUMPS FORWARD, BACK, TWISTS**

- &1-2 Making ¼ left step right slightly forward to right(&), step left slightly forward to left(1), Hold(2) (12.00)  
&3-4 Step right slightly back(&), step left beside right(3), Hold(4)  
5-8 Twist heels to right(5), twist heels to left (6), twist heels to right(7), twist heels back to centre(8)

**[109-116] DIAGONAL WALKS FORWARD KICK, DIAGONAL WALKS WALK TOUCH**

- 1-3 Walk forward diagonally right stepping R,L,R(1-3) (1.30)  
4 Kick left forward(4)  
5-7 Walk back diagonally left stepping L,R,L (5-7), square up to 12.00 on count 7 (12.00)  
8 Touch right beside left(8)

**[117-124] DIAGONAL WALKS FORWARD KICK, DIAGONAL WALKS WALK TOUCH**

- 1-3 Walk forward diagonally left stepping R,L,R(1-3) (10.30)  
4 Kick left forward(4)  
5-7 Walk back diagonally right stepping L,R,L (5-7), square up to 12.00 on count 7 (12.00)  
8 Touch right beside left(8)

**ENDING: After wall 4 of dance, do counts 49-80 (Arm Rolls -32 counts), followed by counts 93-108 (Jumps – 16 counts).**

**Then cross right over left slowly unwind ½ turn left to face the front wall....**

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