

Proud Mary

拍數: 80 牆數: 4 級數: Improver
編舞者: Nathalie Lagache (FR) - December 2012
音樂: Proud Mary - Andrée Watters : (country rock cover)



Intro 16 counts:

[Step R, Snap, Step L, ½ turn, Step L, Snap, Step R ½ turn] x2

1-4 R fwd, Snap, L fwd, ½ turn R
5-8 L fwd, Snap, R fwd ½ turn L
9-16 The same

Part 1: [1 – 8] Shuffle fwd, step ½ turn R, ¼ turn R, Side Rock, back cross rock

1&2 R fwd, L next to R, R fwd
3-4 L fwd, ½ turn to R
5-6 ¼ turn to R, Rock L to left side, recover onto R (9 :00)
7-8 Rock to L behind R, Recover onto R

Part 2: [9 – 16] Rolling Vine R, Side Touch & Snap, Side Touch & Snap

1-4 L to left, ½ turn to right, R to right, ½ turn to right, L to left, Point R next to L (9:00)
5-6 R to right, Touch L next to R & Snap
7-8 L to left, Touch R next to L & Snap

Part 3: [17 – 24] Chasse R, Step ¼ turn R, Pivot ½ turn R, Shuffle R, Suhffle L

1&2 R to the right, L next to R, R to the right
3-4 1/4 turn right with L fwd, ½ turn right (6:00)
5&6 L fwd, R next to L, L fwd
7&8 R fwd, L next to R, R fwd

Part 4: [25 – 32] L Rocking Chair , Heel scuff, Step ½ turn L, Stomp L

1-4 Rock L fwd, recover weight onto R, Back Rock with L, recover onto R
5-8 Heel Scuff with L, L fwd, R fwd, ½ turn L, Stomp down with L (12:00)
=> Restart wall 5

Part 5: [33 – 40] Toes Strut R & L, ¼ turn L, vine R , Scuff L

1-4 Touch with R fwd, drop R heel, Touch with L fwd, drop L heel,
5-6 1/4 turn L, R to the right, L behind R (9:00)
7-8 R to the right, Scuff with L in the left diagonal (7:30)

Part 6: [41 – 48] Toes strut L & R, Step lock step, Scuff R (L diagonal)

1-2 Touch with L fwd, drop L heel (7h30)
3-4 Touch with R fwd, drop R heel
5-8 L fwd, R lock behind L, L fwd, scuff with right to 9:00
=> Restart wall 3

Part 7: [49 - 56] Hip Bump X2, Step ½ turn R, Hip Bump X2, Step ½ turn L

1-4 R fwd, 2 bumps R hip fwd, L fwd (9:00), pivot ½ turn R (3:00)
5-8 L fwd, 2 bumps L hip fwd, R fwd, pivot ½ turn L (9:00)

Part 8: [57 – 64] ½ turn L Back triple steps, ½ turn L Fwd Shuffle, Step ½ turn L, Lock Step

1&2 ½ turn L, R back step, L beside R, R back step
3&4 ½ turn L, L fwd, R behind L, L fwd

5-8 R fwd, ½ turn L, R fwd, L lock behind R
=> Restart wall 1

Part 9: [65-72] as Part 7

Part 10 [73-80] as Part 8

Restarts : Restart to the end of the 1st wall after 64 counts (in the end of part 8, 3 :00) , Restart 3rd wall after the part 6 (9 :00), Restart 5th wall after 32 counts (in the end of part 4 ; 6 :00)

Tag: 3rd wall after 16 counts (after rolling vine) :

¼ turn R Step fwd, scuff L, ½ turn R Scuff R, Step fwd, Together, Step fwd, Hold, Shuffle x4

1-4 ¼ turn R, R fwd, Scuff with L next to R, ½ turn R, step L, scuff R next to L (6h00)

5-8 R fwd, L behind R, R fwd, hold

9-16 Shuffle L, Shuffle R, Shuffle L, Shuffle R

Continue the dance from Part 4

Ending : In the end of the 6th wall, dance again Parts 7 to 10, then dance the 10 first counts of the 7th wall (12h00) ; for the two last counts:

Step ¼ tour D, Unwind full turn, Step fwd :

3-4 1/4 turn R, L fwd, unwind to the R and finish R fwd (12h00)

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