

AB Rolling On The River

COPPER **NOB**
STEPSHEETS

Count: 32

Wand: 1

Ebene: Absolute Beginner

Choreograf/in: Janet Cummings (USA) - May 2019

Musik: Proud Mary - Creedence Clearwater Revival : (Album: Chronicle: 20 Greatest Hits - 3:08)



Intro: 24 Counts - No Tags or Restarts

SECTION 1: RHUMBA BOX

1-4 R Step to Side, L Follow; R Step Forward, L Touch

5-8 L Step to Side, R Follow, Step L Back, R Touch

SECTION 2: R STEP FORWARD DIAGONAL, L TOUCH, L STEP BACK, R TOUCH; R SLOW COASTER STEP, L TOUCH

1, 2, 3, 4 R Step Forward Diagonal, L Touch, L Step Back To Center, R Touch

5, 6, 7, 8 R Step Back, L Step Back Together, R Step Forward, L Touch

SECTION 3: L STEP FORWARD DIAGONAL, R TOUCH, R STEP BACK, L TOE TOUCH; L SLOW COASTER STEP, R HEEL BRUSH

1, 2, 3, 4 L Step Forward Diagonal, R Touch, R Step Back To Center, L Toe Touch

5, 6, 7, 8 L Step Back, R Step Back Together, L Step Forward, R Brush Heel Forward

SECTION 4: R TOE STRUT, L TOE STRUT, ROCKING CHAIR

1, 2 R Toe Step Forward, Drop Heel

3, 4 L Toe Step Forward, Drop Heel

5, 6, 7, 8 Rock Forward On R, Recover L, Rock Back On R, Recover L

This AB series of dances were written for inexperienced dancers everywhere!

Note: While Choreographed to Proud Mary, there is no limit to song choice or genre for the easy dances in this series. Feel free to try them out, wherever!

Dance... for Physical and Mental health!

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