Proud

Count: 0 **Wall:** 2 **Level:** Improver
Choreographer: Ivonne Verhagen (NL) - March 2016
Music: Proud Mary (Glee Cast Version) - Glee Cast

(You can download the music from iTunes)
Dance starts after 16 counts

(ROLLING) VINE RIGHT, (ROLING) VINE LEFT

1,2,3,4	RF step side, LF close to RF, RF step side, LF touch close to right (Option is a roling full turn right)
5,6,7,8	LF step side, RF close to LF, LF step side, RF touch close to left (Option is a roling full turn right)

CHASSE RIGHT, ROCK STEP, CHASSE LEFT, ROCK STEP

1&2,3,4	RF step aside, LF close, RF step aside, LF rock back, RF weight on RF again
5&6,7,8	LF step aside, RF close, LF step aside, RF rock back, LF weight on LF again

STEP FORWARD, HOLD, PIVOT ½ RIGHT, STEP FORWARD, HOLD, PIVOT ½ LEFT

1,2,3,4	RF step forward, hold, LF step forward, LF&RF ½ turn right
5,6,7,8	LF step forward, hold, RF step forward, RF&LF ½ turn left

WALK 3X, KICK FORWARD, WALK 3X BACK, TOUCH

1,2,3,4	RF walk forward, LF walk forward, RF walk forward, LF kick forward
5,6,7,8	LF step back, RF step back, LF step back, RF touch to LF

PADDLE 1/8, PADDLE 1/8, PADDLE ¼, (ALL LEFT), ½ TURN LEFT WITH A JUMP, HOLD

1,2,3,4	RF step forward, 1/8 turn left (weight on LF), RF step forward, 1/8 turn left (weight on LF)
5,6&7,8	RF step forward, 1/4 turn left (weight on LF), ½ turn left while you are jumping, land on both feet, hold

MAMBO STEP, HOLD, 2X

1,2,3,4	RF rock forward, weight back on LF, RF step beside LF, hold
5,6,7,8	LF rock backward, weight back on RF, LF step beside RF, hold

***** Ending starts from here**
STEP SIDE, CLOSE, STEP SIDE, TOUCH (RIGHT), STEP SIDE, CLOSE, STEP SIDE, TOUCH (LEFT)

1,2,3,4	RF step aside, LF close, RF step aside, LF touch (make 2x rolling moves with your hands to the right)
5,6,7,8	LF step aside, RF close, LF step aside, RF touch (make 2x rolling moves with your hands to the right)

STEP RIGHT SIDE, TOUCH, STEP LEFT SIDE, TOUCH (2X)

1,2,3,4	RF step aside, LF touch, (1x rolling hand move left) LF step aside, RF touch(1x rolling hand move right)
5,6,7,8	RF step aside, LF touch, (1x rolling hand move left) LF step aside, RF touch(1x rolling hand move right)

STEP SIDE, CLOSE, STEP SIDE, TOUCH (RIGHT), STEP SIDE, CLOSE, STEP SIDE, TOUCH (LEFT)

1,2,3,4	RF step aside, LF close, RF step aside, LF touch (make 2x rolling moves with your hands to the right)
5,6,7,8	LF step aside, RF close, LF step aside, RF touch (make 2x rolling moves with your hands to the right)

STEP RIGHT SIDE, TOUCH, STEP LEFT SIDE, TOUCH (2X)

1,2,3,4	RF step aside, LF touch, (1x rolling hand move left) LF step aside, RF touch(1x rolling hand move right)
5,6,7,8	RF step aside, LF touch, (1x rolling hand move left) LF step aside, RF touch(1x rolling hand move right)

****RESTART/TAG (wall 1)**

TOE STRUT RIGHT, TOE STRUT LEFT, (2X)

1,2,3,4	RF touch toe forward, RF clap heel down, LF touch toe forward, LF clap heel down (Snap fingers)
5,6,7,8	RF touch toe forward, RF clap heel down, LF touch toe forward, LF clap heel down (Snap fingers)

TOE STRUT RIGHT, TOE STRUT LEFT, (2X), STEP OUT & STEP OUT, ¼ TURN LEFT STEP IN & STEP IN

1,2,3,4	RF touch toe forward, RF clap heel down, LF touch toe forward, LF clap heel down (Snap fingers)
&5,6,&7,8	RF step out, LF step out, (Arms open), hold, ¼ turn left, RF step in, LF step in (Arms in), hold

STEP OUT & STEP OUT, ¼ TURN LEFT STEP IN & STEP IN, STEP OUT & STEP OUT, LEFT STEP IN & STEP IN

&1,2,&3,4	RF step out, LF step out, (Arms open), hold, ¼ turn left, RF step in, LF step in (Arms in), hold
&5,6,&7,8	RF step out, LF step out, (Arms open), hold, RF step in, LF step in (Arms in), hold

ELVIS KNEE ROLL RIGHT, ELVIS KNEE ROLL LEFT

1,2,3,4	RF knee roll to the right for 2 counts, LF knee roll to the left for 2 counts,

¼ TURN RIGHT, STEP FORWARD, HOLD, ¼ TURN RIGHT, STEP BACK, HOLD (2X)

1,2,3,4	¼ turn right & RF step forward, hold, ¼ turn right LF step back, hold
5,6,7,8	¼ turn right & RF step forward, hold, ¼ turn right LF step back, hold

STEP RIGHT SIDE, TOUCH, STEP LEFT SIDE, TOUCH (2X)

1,2,3,4	RF step aside, LF touch, (snap fingers high) LF step aside, RF touch(snap fingers high)
5,6,7,8	RF step aside, LF touch, (snap fingers high) LF step aside, RF touch(snap fingers high)

**** RESET/TAG wall 1:**
The music is slow and then you make a tag of 24 counts where you are free to do what you like.

***** ENDING after wall 4:**
Start the dance from count 49 (music sings “rolling”…)

Have fun!

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