

Proud Mary '18

Count: 88

Wall: 1

Level: Phrased Improver / Intermediate

Choreographer: Glynn Rodgers (UK) - January 2018

Music: Proud Mary - Creedence Clearwater Revival



Phrasing: Section Phrased - A, B & C (Bridge)

Sequence: AB AB CA BC AB BBB

Part A: Verse (and instrumental on 3rd repetition)

Sec A1: Rock Step, Shuffle ½ turn, Pivot ½ Turn, Walk Forward.

- 1-2 Rock forward right, recover weight on to left.
- 3&4 Shuffle ½ right stepping right-left-right.
- 5-6 Step forward left, pivot ½ turn right.
- 7&8 Walk forward left-right.

Sec A2: Rock Step, Shuffle ½ turn, Pivot ½ Turn, Walk Forward.

- 1-2 Rock forward left, recover weight on to right.
- 3&4 Shuffle ½ turn left stepping left-right-left.
- 5-6 Step forward right, pivot ½ turn left.
- 7-8 Walk forward right-left.

Sec A3: Partial Figure of 8 Grapevine with ¼ Turn.

- 1-2 Step right to right side, cross left behind right.
- 3-4 Turn ¼ right stepping forward right, step forward left.
- 5-6 Pivot ½ turn right, turn ¼ right stepping left to left side.
- 7-8 Cross right behind left, turn ¼ left stepping forward left.

Sec A4: ¼ Chasse Right, Back Rock, Chasse Left, Back Rock.

- 1&2 Turn ¼ left with chasse right stepping right-left-right.
- 3-4 Rock back left, recover weight on to right.
- 5&6 Chasse left stepping left-right-left.
- 7-8 Rock back right, recover weight on to left.

Sec A5: Camel Walks Forward Right & Left.

- 1-2 Step right diagonally forward, slide left to right.
- 3-4 Step right diagonally forward, slide left to right & clap hands.
- 5-6 Step left diagonally forward, slide right to left.
- 7-8 Step left diagonally forward, slide right to left & clap hands.

(Option – use “shoop shoop arms on the above section)

Sec A6: Diagonal Step & Claps Back x4.

- 1-2 Step diagonally back right, touch left beside right & clap hands.
- 3-4 Step diagonally back left, touch right beside left & clap hands.
- 5-6 Step diagonally back right, touch left beside right & clap hands.
- 7-8 Step diagonally back left, touch right beside left & clap hands.

Part B: Chorus (“Rolling, rolling, rolling on the river”)

[1-8] Rolling Grapevine Right & Left with Claps.

- 1-2 Turn ¼ right stepping forward right, turn ½ right stepping back left.
- 3-4 Turn ¼ right stepping right to right side, touch left beside right.
- 5-6 Turn ¼ left stepping forward left, turn ½ left stepping back right.
- 7-8 Turn ¼ left stepping left to left side, touch right beside left.

[9-16] ¼ Turn Right x2, Back Rock, Kick Ball Cross x2.

- 1-2 Turn ¼ right stepping forward right, turn ¼ right stepping side left.
- 3-4 Rock back right, recover weight on to left.
- 5&6 Kick right forward, step right to place, cross left over right.
- 7&8 Kick right forward, step right to place, cross left over right.

Part C: Bridge – Instrumental

C[1-8] Grapevine Right, Pivot ½ Turn x2.

- 1-2 Step right to right side, cross left behind right.
- 3-4 Step right to right side, touch left beside right.
- 5-6 Step forward left, pivot ½ turn right.
- 7-8 Step forward left, pivot ½ turn right.

C[9-16] Grapevine Left, Pivot ½ Turn x2.

- 1-2 Step left to left side, cross right behind left.
- 3-4 Step left to left side, touch right beside left.
- 5-6 Step forward right, pivot ½ turn left.
- 7-8 Step forward right, pivot ½ turn left.

C[17-24] K Step with Claps.

- 1-2 Step diagonally forward right, touch left beside right & clap hands.
- 3-4 Step diagonally back left, touch right beside left & clap hands.
- 5-6 Step diagonally back right, touch left beside right & clap hands.
- 7-8 Step diagonally forward left, touch right beside left & clap hands.

Optional Ending

On the last repetition of section B the song fades out at around count 12 and you will end up facing the back when the music ends – you can replace counts 9-12 with further rolling vine to the right to keep you facing the front wall at the end of the song.

I hope you enjoy this dance – it was lots of fun putting it together and once you have heard the song the sections will all make sense (I hope!). Feel free to email me at glynnrodgers@live.com if you need help.
