

# Proud Mary

拍数: 80      墙数: 4      级数: Improver  
编舞者: Nathalie Lagache (FR) - December 2012  
音乐: 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)

contact : [electronath@hotmail.com](mailto:electronath@hotmail.com) - <http://libres-choregraphes.jimdo.com/>

---