

Proud Mary AB

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Debbie Marschall (AUS) - May 2025
音樂: Proud Mary - Creedence Clearwater Revival



DANCE STARTS: On vocals

SECTION 1: Walk forward x 3, Kick, Walk back x 3, touch

1 2 3 4 Step fwd R, Step fwd L, Step fwd R, Kick L foot fwd
5 6 7 8 Step back L, Step back R, Step back L, Touch R beside L

SECTION 2: Vine R touch L, Vine L touch R (turning ¼ L)

1 2 3 4 Step R to R Side, cross L behind R, step R to R side, touch L
5 6 7 8 Step L to L Side, cross R behind L, step L to L side(turn ¼ L), touch R

SECTION 3: Shimmy R, Shimmy L

1 2 3 4 Large Step R to R Side, slide & touch L beside R (shimmy)
5 6 7 8 Large Step L to L Side, slide & touch R beside L (shimmy)

SECTION 4: Rocking Chair x 2

1 2 3 4 Rock R Foot Fwd, Rock R Foot Back, recover
5 6 7 8 Rock R Foot Fwd, Rock R Foot Back, recover

No tags or restarts

Enjoy Cheers

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