

Keep On Rolling

拍數: 90 牆數: 1 級數: Phrased Intermediate
編舞者: William Sevone (UK) - January 2007
音樂: Proud Mary - Ike & Tina Turner : (short 3:20 single version only)



Dance sequence:- AA-B-C-DDDdDDDdD (d - denotes short wall/vanilla)

Choreographers note:- The dance 'Starts easy - and finishes rough'.

Only the original short 3m 20sec single version can be used. It is available on some sites.

NOTE: Section A and B on this page... Sections C and D on page 2

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts 40 seconds in - after the spoken intro.

SECTION A - 102 bpm (The 'Easy' - end facing 6:00)

2x Diagonal Hand Roll. Arms: Side-Cross. 1/4 Kick. Bwd (9:00)

1 – 2 (stepping right foot slightly to right, bending right knee with body turned diagonally left)

– Forward hand roll forward (chest level) for 2 counts.

3 – 4 (transferring weight to left, bending left knee with body turned diagonally right)

– Forward hand roll (chest level) for 2 counts.

5 – 6 (with weight central) Extend arms to either side. Cross arms at shoulder height.

7 Turn ¼ left – kicking left foot forward & extending left arm in same direction (9)

8 (arm down) Step backwards onto left.

Style note: During 'hand rolls' – give a little (hip) wiggle.

Together-Fwd. 1/4 Left Side. 1/2 Left Side. Rec. 1/2 Right Side. 3/4 Right Fwd. Shuffle (3:00)

&9– 10 Step right next to left, step forward onto left. Turn ¼ left & step right to right (6)

11 – 12 Turn ½ left & step left to left. Recover weight onto right (12).

13 – 14 Turn ½ right & step left to left (6). Turn ¾ right & step forward onto right (3)

15& 16 Shuffle forward stepping: L.R-L.

3x Press-Recover. 1/2 Right Fwd. 1/4 Right Side (12:00)

17 – 18 Press step forward onto right. Recover onto left.

19 – 20 Press step backward onto right. Recover onto left.

21 – 22 Press step forward onto right. Recover onto left.

23 – 24 Turn ½ right & step forward onto right. Turn ¼ right & step left to left side (12)

4x Fwd 'Pony' Triple (12:00)

25& 26 (lower head & swing arms down and back) - Step forward onto right, recover onto left, step onto right.

27& 28 (raising head forward & arms upward) - Step forward onto left, recover onto right, step onto left.

29& 30 (lower head & swing arms down and back) - Step forward onto right, recover onto left, step onto right.

31& 32 (raising head forward & arms upward) - Step forward onto left, recover onto right, step onto left.

Style note: Pony section: All counts (not including '&') raise/hitch knee whilst moving slowly forward.

Fun note: Reverse arm action by having lines doing alternate arms movements

i.e.: Line one 25-26 arms down... line two arms up – create a 'wave' pattern.

SECTION B - 102 to zero bpm (The 'Easy' part 2 - as the music gradually slows to a stop) (12:00)

Because the music slows over 10 'full counts' (each gap getting longer as it progresses) the preciseness of the steps can

get a little muddled.. don't worry – as long you move with the tempo and end facing the 12:00/home wall with feet together. (mentally counting up to 10....)

- 1 – 6 Walk (over 6 counts) - rotating forearms forward (both together a'la 'Riverboat/Paddle Steamer') perform a FULL turn left to face 'home'/12:00 wall
- 7 – 8 Walk forward – still rotating forearms
- 9 – 10 Feet side by side – lower head & lower arms to sides (getting ready for the sudden start on '10')

SECTION C - 174 bpm (Start of the 'Rough' - Drum & Horns kick in for the instrumental) (12:00)

- 1 – 2 (leaning upper body to right) Tap right over left. Step right next to left.
- 3 – 4 (leaning upper body to left) Tap left over right. Step left next to right.
- 5 – 16 Repeat above: Right-Left-Right-Left-Right-Left. (Tina starts to sing on count 15)

Style note: As you 'tap', raise both forearms – and lower, when stepping together.

SECTION D - 174 bpm (The 'Rough' - As Tina starts to sing at full throttle)

2x Diagonal Hand Roll. Arms: Side-Cross. 1/4 Kick with Expression. Bwd (9:00)

- 1 – 2 (stepping right foot slightly to right, bending right knee with body turned diagonally left)
– Forward hand roll forward (chest level) for 2 counts.
- 3 – 4 (transferring weight to left, bending left knee with body turned diagonally right)
– Forward hand roll (chest level) for 2 counts.
- 5 – 6 (with weight central) Extend arms to either side. Cross arms at shoulder height.
- 7 Turn ¼ left – kicking left foot forward & extending left arm in same direction (9)
- 8 (arm down) Step backwards onto left.

Style note: During 'hand rolls' – give a little (hip) wiggle.

Together. Fwd. 3x Press-Recover (9:00)

- 9 – 10 Step right next to left. Step forward onto left.
- 11 – 12 Press step forward onto right. Recover onto left.
- 13 – 14 Press step backward onto right. Recover onto left.
- 15 – 16 Press step forward onto right. Recover onto left.

1/2 Right Fwd. 3x Press-Recover. 1/4 Left Side (12:00)

- 17 – 18 Turn ½ right & step forward onto right (3). Press step forward onto left.
- 19 – 20 Recover onto right. Press step left backward.
- 21 – 22 Recover onto right. Press step forward onto left.
- 23 – 24 Recover onto right. Turn ¼ left & step left to left (12)

Cross. Side Rock. Rec. Behind.(see note). Side. Cross Rock. Recover. Side (12:00)

- 25 – 26 Cross right over left. Rock left to left side.
- 27 – 28 Recover weight on right. Step left behind right.

SHORT WALL/VANILLA: 4 and 8 end at THIS point

- 29 – 30 Step right to right side. Cross rock left over right.
- 31 – 32 Recover weight onto right. Step left to left side.

Last Revision - 14th December 2011
