

Keep On Rolling

Phrased, 4 wall, Intermediate level

Choreographer: William Sevone (UK) March 07

Choreographed to: Proud Mary by Ike & Tina Turner ,

CD: The Best Of

Sequence: AABC, DDD, D-, DDD, D-, D

Dance starts 40 seconds in - after the spoken intro. Feet slightly apart

Section A

2x Diagonal Hand Roll, Arms: Side-Cross, ¼ Kick With Expression, Backward (9:00)

- 1-2 (Stepping right foot slightly to right, bending right knee with body turned diagonally left) - forward hand roll (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 (9:00)
- 8 (Arm down) step backwards onto left
- Style note: during hand rolls, give a little (hip) wiggle

Together-Forward, ¼ Left Side, ½ Left Side, Recover, ½ Right Side, ¾ Right Forward, Shuffle Forward (3:00)

- &9-10 Step right next to left, step forward onto left, turn ¼ left & step right to right (6:00)
- 11-12 Turn ½ left & step left to left, recover weight onto right (12:00)
- 13-14 Turn ½ right & step left to left, turn ¾ right & step forward onto right (3:00)
- 15&16 Shuffle forward stepping: left, right-left

3x Rock-Recover, ½ Right Forward, Forward (9:00)

- 17-18 Rock step right forward, recover weight onto left
- 19-20 Rock step right backward, recover weight onto left
- 21-22 Rock step right forward, recover weight onto left
- 23-24 Turn ½ right & step forward onto right, step forward onto left (9:00)

4x Forward 'Pony' Triple With Expression (9:00)

- 25&26 (Lower head & swing arms down and back) -step forward on right, recover on left, recover on right
- 27&28 (Raising head forward & arms upward) - step forward on left, recover onto right, recover on left
- 29&30 (Lower head & swing arms down and back) -step forward on right, recover on left, recover on right
- 31&32 (Raising head forward & arms upward) - step forward onto left, recover onto right, recover on left
- All counts (not including '&') raise/hitch knee while moving slowly forward

SECTION B

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)

- 1-2 Walk - rotating forearms forward (alternating left and right) turning ¼ left (3:00)
- 3-4 Repeat above to face 12:00/home
- 5-8 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

- 1-2 (Leaning body to right) cross forward tap right over left, step right next to left
- 3-4 (Leaning body to left) cross forward 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)
- As you tap, raise both forearms - and lower, when stepping together

SECTION D

2x Diagonal Hand Roll, Arms: Side-Cross, ¼ Kick With Expression, Backward (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 (9:00)
- 8 (Arm down) step backwards onto left
- During hand rolls - give a little (hip) wiggle

Together, Forward, 3x Rock-Recover (9:00)

- 9-10 Step right next to left, step forward onto left
11-12 Rock step right forward, recover weight onto left
13-14 Rock step right backward, recover weight onto left
15-16 Rock step right forward, recover weight onto left

½ Right Forward, 3x Rock-Recover, ¼ Left Side (12:00)

- 17-18 Turn ½ right & step forward onto right, rock step forward onto left (3:00)
19-20 Recover weight onto right, rock step left backward
21-22 Recover weight onto right, rock step forward onto left
23-24 Recover weight onto right, turn ¼ left & step left to left (12:00)

Cross, Side Rock, Recover, Behind,(See Note) Side, Cross Rock, Recover Side Rock (12:00)

- 25-26 Cross step right over left, rock left to left side
27-28 Recover weight on right, cross step left behind right

For section D-, END HERE

- 29-30 Step right to right side, cross rock left over right
31-32 Recover weight onto right, rock left to left side