

Start on main vocals

Choreographers note:- The dance is extremely tight and energetic. The music, a full throttle vibrant gospel tour de force. The phrasing is created by four short walls (4,8 and 12) of 28 counts.

For a non-phrased version of this dance, Proud Mary by CCR (phrased differently and slower) is ideal...

you could even use The Checkmates version. The choice, as always - is yours. Just 'feel' the music.

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

Dance starts on the vocals with feet together and weight on the left foot.

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

- &9- 10 Step right next to left, step forward onto left. Turn 1/4 left & step right to right (6:00)
- 11 - 12 Turn 1/2 left & step left to left. Recover weight onto right (12:00).
- 13 - 14 Turn 1/2 right & step left to left. Turn 3/4 right & step forward onto right (3:00)
- 15& 16 Shuffle forward stepping: L.R-L.

3x Rock-Recover. 1/2 Right Fwd. Fwd (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 1/2 right & step forward onto right. Step forward onto left (9:00)

4x Fwd 'Pony' Triple with Expression (9:00)

- 25& 26 (lower head & swing arms down and back)
- Step forward onto right, recover onto left, recover onto right.
- 27& 28 (raising head forward & arms upward)
- Step forward onto left, recover onto right, recover onto left.
- SHORT WALL - Start New Wall 5,9 and 13 from this point.
- 29& 30 (lower head & swing arms down and back)
- Step forward onto right, recover onto left, recover onto right.
- 31& 32 (raising head forward & arms upward)
- Step forward onto left, recover onto right, recover onto left.

Notes for 'Pony' section:-

Style note: 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.

Music download available from itunes