

Proud Mary

32 count, 4 wall, beginner/intermediate level
Choreographer: Gaye Teather (UK) July 2005
Choreographed to: Proud Mary by Dave Sheriff (136 bpm) CD: Covers 5

24 count intro

Right and Left heel switches. Kick Right forward x 2. Back rock. Right shuffle forward

1 & 2 Touch Right heel forward. Step Right in place beside Left. Touch Left heel forward
& 3 – 4 Step Left in place beside Right. Kick Right forward twice
5 – 6 Rock back on Right. Recover onto Left
7 & 8 Step forward on Right. Step Left beside Right. Step forward on Right

Step. Pivot half turn Right. Shuffle half turn Right. Back rock. Kick ball touch

9 – 10 Step forward on Left. Pivot half turn Right
11 & 12 Shuffle half turn Right stepping Left, Right, Left
13 – 14 Rock back on Right. Recover onto Left
15 & 16 Kick Right forward. Step Right beside Left. Touch Left beside Right (*Facing 12 o'clock*)

Full rolling turn Left. Touch. Full rolling turn Right. Touch

17 – 18 Step Left quarter turn Left. Make half turn Left stepping back on Right
19 – 20 Make quarter turn Left stepping Left to Left side. Touch Right beside Left
21 – 22 Step Right quarter turn Right. Make half turn Right stepping back on Left
23 – 24 Make quarter turn Right stepping Right to Right side. Touch Left beside Right

*** For dancers who prefer not to turn, just replace the rolling turns with grapevines Left and Right*

Side. Behind. Quarter turn Left. Shuffle forward. Step. Pivot half Left. Walk Right. Left

25 – 26 Step Left to Left. Cross Right behind Left
27 & 28 Turn quarter Left stepping forward on Left. Step Right beside Left. Step forward on Left
29 – 30 Step forward on Right. Pivot half turn Left
31 – 32 Walk forward Right. Walk forward Left
