

PROUD MARY BURNIN'

Count: 124. **Wall:** 1. **Level:** Intermediate/Advanced Pop/Rock

Choreographer: Sobrielo Philip Gene (July '11)

Music: Proud Mary By Glee Cast. Album: Glee Season 2

INTRO: 16 count - Sequence: Wall 1(80 counts), Tag, Walls 2, 3, 4, Ending

WALL 1: Music is slow - do the dance until count 80 (Arm Rolls). This will bring you to the back wall [6.00]

TAG: Cross R over L(1), Unwind ½ left(2-4)[12.00]. Bounce R heel for 8 counts, Bounce L heel for 8 counts, Bounce R heel for 8 counts, Bounce L heel for 8 counts. Start dance again.

[1-8] CHASSE RIGHT, ROCK BACK, RECOVER, KICK, BALL, CROSS, KICK, BALL, CROSS

1&2 Step R to right, Step L beside R, Step R to right

3,4 Rock L behind R, Recover onto R

5&6 Kick L forward, Step ball of L beside R, Cross R over L

7&8 Kick L forward, Step ball of L beside R, Cross R over L

[9-16] CHASSE LEFT, ROCK BACK, RECOVER, KICK, BALL, CROSS, KICK, BALL, CROSS

1&2 Step L to left, Step R beside L, Step L to left

3,4 Rock R back, Recover onto L

5&6 Kick R forward, Step ball of R beside L, Cross L over R

7&8 Kick R forward, Step ball of R beside L, Cross L over R

[17-24] MONTEREY 1/2, MONTEREY 1/2

1,2 Point R to right, Turn ½ right step R beside L [6.00]

3,4 Point L to left, Step L beside R

5,6 Point R to right, Turn ½ right step R beside L [12.00]

7,8 Point L to left, Step L beside R

[25-32] ROCK FORWARD, RECOVER 1/2 RIGHT, WALK, WALK, ROCK FORWARD, RECOVER 1/2 RIGHT, WALK, WALK

1,2 Rock R forward, Recover onto L

3,4 Turn ½ right step R forward, Step L forward [6.00]

5,6 Rock R forward, Recover weight onto L

7,8 Turn ½ right step R forward, Step L forward [12.00]

“Big Wheels keep on turning”

[33-40] VINE RIGHT, TOUCH, ROLLING VINE ¼ LEFT, TOUCH

1,2 Step R to right, Step L behind R

3,4 Step R to right, Touch L beside R

5,6 Turn ¼ left step L forward, Turn ½ turn left step R back

7,8 Turn ½ left step L forward, Touch R beside L [9.00]

[41-48] VINE RIGHT, TOUCH, ROLLING VINE ¼ LEFT, TOUCH

1,2 Step R to right, Step L behind of R

3,4 Step R to right, Touch L beside R

5,6 Turn ¼ left step L forward, Turn ½ turn left step R back

7,8 Turn ½ left step L forward, Touch R beside L [6.00]

CONTINUED OVER

“Rolling, rolling, rolling on the river”

[49-56] ARM ROLLS (x2)

- 1,2 Roll arms above head
- 3,4 Roll arms at hip level, leaning slightly forward
- 5,6 Roll arms above head
- 7,8 Roll arms at hip level, leaning slightly forward

[57-64] ARM ROLLS, STEP, PIVOT 1/4 LEFT, STEP, PIVOT 1/4 LEFT

- 1,2 Roll arms above head
- 3,4 Roll arms at hip level, leaning slightly forward
- 5,6 Step R forward, Pivot ¼ left **[12.00]**
- 7,8 Step R forward, Pivot ¼ left

[65-80] Repeat counts 49-64 (arm rolls & pivots) to end up facing the back wall [6.00]

Instrumental

[81-92] SMALL WALKS FORWARD x 7, KICK, WALK BACK x 3, TOUCH

- 1-8 Step R forward, Step L forward, Step R forward, Step L forward, Step R forward, Step L forward, Step R forward, Kick L forward

Hands option: slowly bring hands up into a Y shape on respective sides (palms facing front), hands come down on 8

- 1-4 Step L back, Step R back, Step L back, Touch R beside L

***Note the 4 counts (not 8)**

[93-100] SMALL JUMPS FORWARD, BACK, 1/4 LEFT SMALL JUMPS FORWARD, BACK

- &1,2 Step R slightly forward to right, Step L slightly forward to left, Hold
- &3,4 Step R slightly back, Step L beside R, Hold
- &5,6 Turn ¼ left step R slightly forward to right, Step L slightly forward to left, Hold **[3.00]**
- &7,8 Step R slightly back(&), Step L beside R(7), Hold(8)

[101-108] 1/4 LEFT SMALL JUMPS FORWARD, BACK, TWISTS

- &1,2 Turn ¼ left step R slightly forward to right, Step L slightly forward to left, Hold **[12.00]**
- &3,4 Step R slightly back, Step L beside right, Hold
- 5-8 Twist heels right, Twist heels left, Twist heels right, Twist heels to centre

[109-116] DIAGONAL WALKS FORWARD, KICK, DIAGONAL WALKS BACK, TOUCH

- 1-3 Step R forward 45° right, Step L forward, Step R forward **[1.30]**
- 4 Kick L forward
- 5-7 Step L back 45° left, Step R back, Step L back **(square up to wall) [12.00]**
- 8 Touch R beside L

[117-124] DIAGONAL WALKS FORWARD, KICK, DIAGONAL WALKS BACK, TOUCH

- 1-3 Step R forward 45° left, Step L forward, Step R forward **[10.30]**
- 4 Kick L forward
- 5-7 Step L back 45° right, Step R back, Step L back **(square up to wall) [12.00]**
- 8 Touch R beside L

ENDING: After wall 4 of dance, do counts 49-80 (Arm Rolls -32 counts), followed by counts 93-108 (Jumps – 16 counts).

Then Cross R over L, slowly unwind ½ left to face the front wall....