

# Proud Mary

LINEDANCE.COM

**Count:** 80      **Wall:** 4      **Level:** Improver

**Choreographer:** Nathalie Lagache (Dec 2012)

**Music:** Proud Mary / Andrée Watters (country rock cover)

## Intro 16 counts:

**[Step R, Snap, Step L, ½ turn, Step L, Snap, Step R ½ turn] x2**

**1-4R fwd, Snap, L fwd, ½ turn R**

**5-8L fwd, Snap, R fwd ½ turn L**

**9-16**      The same

\*\*\*\*\*

**Part 1: [1 - 8] Shuffle fwd, step ½ turn R, ¼ turn R, Side Rock, back cross rock**

**1&2R fwd, L next to R, R fwd**

**3-4L fwd, ½ turn to R**

**5-6¼ turn to R, Rock L to left side, recover onto R (9 :00)**

**7-8**      Rock to L behind R, Recover onto R

**Part 2: [9 - 16] Rolling Vine R, Side Touch & Snap, Side Touch & Snap**

**1-4L to left, ½ turn to right, R to right, ½ turn to right, L to left, Point R next to L (9:00)**

**5-6R to right, Touch L next to R & Snap**

**7-8L to left, Touch R next to L & Snap**

**Part 3: [17 - 24] Chasse R, Step ¼ turn R, Pivot ½ turn R, Shuffle R, Shuffle L**

**1&2R to the right, L next to R, R to the right**

**3-4¼ turn right with L fwd, ½ turn right (6:00)**

**5&6L fwd, R next to L, L fwd**

**7&8R fwd, L next to R, R fwd**

**Part 4: [25 - 32] L Rocking Chair , Heel scuff, Step ½ turn L, Stomp L**

1-4 Rock L fwd, recover weight onto R, Back Rock with L, recover onto R

5-8 Heel Scuff with L, L fwd, R fwd, ½ turn L, Stomp down with L (12:00)

**=> Restart wall 5**

**Part 5: [33 - 40] Toes Strut R & L, ¼ turn L, vine R , Scuff L**

1-4 Touch with R fwd, drop R heel, Touch with L fwd, drop L heel,

**5-6 1/4 turn L, R to the right, L behind R (9:00)**

**7-8 R to the right, Scuff with L in the left diagonal (7:30)**

**Part 6: [41 - 48] Toes strut L & R, Step lock step, Scuff R (L diagonal)**

1-2 Touch with L fwd, drop L heel (7h30)

3-4 Touch with R fwd, drop R heel

**5-8 L fwd, R lock behind L, L fwd, scuff with right to 9:00**

**=> Restart wall 3**

**Part 7: [49 - 56] Hip Bump X2, Step ½ turn R, Hip Bump X2, Step ½ turn L**

**1-4 R fwd, 2 bumps R hip fwd, L fwd (9:00), pivot ½ turn R (3:00)**

**5-8 L fwd, 2 bumps L hip fwd, R fwd, pivot ½ turn L (9:00)**

**Part 8: [57 - 64] ½ turn L Back triple steps, ½ turn L Fwd Shuffle, Step ½ turn L, Lock Step**

**1&2 ½ turn L, R back step, L beside R, R back step**

**3&4 ½ turn L, L fwd, R behind L, L fwd**

**5-8 R fwd, ½ turn L, R fwd, L lock behind R**

**=> Restart wall 1**

**Part 9: [65-72] as Part 7**

**Part 10 [73-80] as Part 8**

**Restarts : Restart to the end of the 1st wall after 64 counts (in the end of part 8, 3 :00)  
, Restart 3rd wall**

**after the part 6 (9 :00), Restart 5th wall after 32 counts (in the end of part 4 ; 6 :00)**

**Tag: 3rd wall after 16 counts (after rolling vine) :**

**¼ turn R Step fwd, scuff L, ½ turn R Scuff R, Step fwd, Together, Step fwd, Hold,  
Shuffle x4**

**1-4¼ turn R, R fwd, Scuff with L next to R, ½ turn R, step L, scuff R next to L (6h00)**

**5-8R fwd, L behind R, R fwd, hold**

**9-16** Shuffle L, Shuffle R, Shuffle L, Shuffle R

**Continue the dance from Part 4**

**\*\*\*\*\***

**Ending : In the end of the 6th wall, dance again Parts 7 to 10, then dance the 10 first  
counts of the 7th**

**wall (12h00) ; for the two last counts:**

**Step ¼ tour D, Unwind full turn, Step fwd :**

**3-4¼ turn R, L fwd, unwind to the R and finish R fwd (12h00)**

**contact : [electronath@hotmail.com](mailto:electronath@hotmail.com) - <http://libres-choregraphes.jimdo.com/>**