

# Proud Mary Burnin'

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**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 counts - 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 right over left(1), unwind ½ turn left(2-4)(12.00). Bounce right heel for 8 counts, bounce left heel for 8 counts, bounce right heel for 8 counts, bounce left heel for 8 counts. Start dance again.**

## **[1-8] SIDE SHUFFLE, ROCK BACK RECOVER, KICK BALL CROSSES**

- 1&2** Step right to right(1),step left beside right(&), step right to right(2)  
**3-4** Rock left behind right(3), recover weight to right(4)  
**5&6** Kick left forward(5), step left beside right(&) cross right over left(6)  
**7&8** Kick left forward(7), step left beside right(&), cross right over left(8)

## **[9-16] SIDE SHUFFLE, ROCK BACK RECOVER, KICK BALL CROSSES**

- 1&2** Step left to left (1), step right beside left(&), step left to left(2)  
**3-4** Rock right back (3), recover weight onto left(4)  
**5&6** Kick right forward(5), step right beside left(&), cross left over right(6)  
**7&8** Kick right forward(7), step right beside left(&), cross left over right(8)

## **[17-24] MONTEREY ½ TURN, POINT STEP, MONTEREY ½ TURN, POINT STEP**

- 1-2** Point right to right(1), making ½ turn right step right beside left(2) (6.00)  
**3-4** Point left to left(3), step left beside right(4)  
**5-6** Point right to right(5), making ½ turn right step right beside left(6) (12.00)  
**7-8** Point left to left(7), step left beside right(8)

## **[25-32] ROCK RECOVER WALKS, ROCK RECOVER WALKS**

- 1-2** Rock forward right(1), recover weight onto left(2)  
**3-4** Making ½ turn right step right forward(3), step left forward(4) (6.00)

5-6 Rock forward right(5), recover weight onto left(6)

7-8 Making  $\frac{1}{2}$  turn right step right forward(7), step left forward(8) (12.00)

### **“Big Wheels keep on turning”**

#### **[33-40] VINE RIGHT TOUCH, ROLLING VINE $\frac{1}{4}$ TURN LEFT TOUCH**

1-2 Step right to right(1), step left behind of right(2)

3-4 Step right to right(3), touch left beside right(4)

5-6 Making  $\frac{1}{4}$  left step left forward(5), making  $\frac{1}{2}$  turn left step right back(6)

7-8 Making  $\frac{1}{2}$  left step left forward(7), touch right beside left (8) (9.00)

#### **[41-48] VINE RIGHT TOUCH, ROLLING VINE $\frac{1}{4}$ TURN LEFT TOUCH**

1-2 Step right to right(1), step left behind of right(2)

3-4 Step right to right(3), touch left beside right(4)

5-6 Making  $\frac{1}{4}$  left step left forward(5), making  $\frac{1}{2}$  turn left step right back(6)

7-8 Making  $\frac{1}{2}$  left step left forward(7), touch right beside left (8) (6.00)

### **“Rolling, rolling, rolling on the river”**

#### **[49-56] ARM ROLLS (2 x)**

1-2 Roll arms above head (1,2)

3-4 Roll arms at hip level, leaning slightly forward(3,4)

5-6 Roll arms above head(5,6)

7-8 Roll arms at hip level, leaning slightly forward(7,8)

#### **[57-64] ARM ROLL, PIVOT $\frac{1}{4}$ TURN LEFT, PIVOT $\frac{1}{4}$ TURN LEFT**

1-2 Roll arms above head (1,2)

3-4 Roll arms at hip level, leaning slightly forward(3,4)

5-6 Step right forward(5), pivot  $\frac{1}{4}$  turn left(6) (12.00)

7-8 Step right forward(7), pivot  $\frac{1}{4}$  turn left(8)

#### **[65-80] Repeat counts 49-64 to end up facing the back wall (6.00)**

### **Instrumental**

#### **[81-92] SMALL WALKS FORWARD KICK, WALK BACK TOUCH**

## **1-7 walk forward R,L,R,L,R,L,R**

8 Kick left forward

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

1-4 Walk back L,R,L(1-3), touch right beside left(4)

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

### **[93-100] SMALL JUMPS FORWARD, BACK, ¼ TURN SMALL JUMPS FORWARD, BACK**

&1-2 Step right slightly forward to right(&), step left slightly forward to left(1), Hold(2)

&3-4 Step right slightly back(&), step left beside right(3), Hold(4)

&5-6 Making ¼ left step right slightly forward to right(&), step left slightly forward to left(5), Hold(6) (3.00)

&7-8 Step right slightly back(&), step left beside right(7), Hold(8)

### **[101-108] ¼ TURN SMALL JUMPS FORWARD, BACK, TWISTS**

&1-2 Making ¼ left step right slightly forward to right(&), step left slightly forward to left(1), Hold(2) (12.00)

&3-4 Step right slightly back(&), step left beside right(3), Hold(4)

5-8 Twist heels to right(5), twist heels to left (6), twist heels to right(7), twist heels back to centre(8)

### **[109-116] DIAGONAL WALKS FORWARD KICK, DIAGONAL WALKS WALK TOUCH**

1-3 Walk forward diagonally right stepping R,L,R(1-3) (1.30)

4 Kick left forward(4)

5-7 Walk back diagonally left stepping L,R,L (5-7), square up to 12.00 on count 7 (12.00)

8 Touch right beside left(8)

### **[117-124] DIAGONAL WALKS FORWARD KICK, DIAGONAL WALKS WALK TOUCH**

1-3 Walk forward diagonally left stepping R,L,R(1-3) (10.30)

4 Kick left forward(4)

5-7 Walk back diagonally right stepping L,R,L (5-7), square up to 12.00 on count 7 (12.00)

8 Touch right beside left(8)

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

**Then cross right over left slowly unwind  $\frac{1}{2}$  turn left to face the front wall....**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=83643](https://www.linedance.com/index.php?f=dance_view&id=83643)