

Proud Mary

Choreographed by Marlon Ronkes

Type : 120 count, 1 Wall, Novelty (Novelty)
Level : Intermediate
Music : "Rollin'" by Ike and Tina Turner Special Edit: please contact the WCDF Music Board
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CHASSE, KICK 4X, WEAVE

1 RF Step right
& LF Step together
2 RF Step right
3 LF Kick diagonally right forward
4 LF Kick diagonally left forward
5 LF Kick diagonally right backwards
6 LF Kick diagonally left forward
& LF Step left
7 RF Cross over
& LF Step left
8 RF Cross behind

TOE STRUT 2X, 1/8 TURN L, ROCK STEP, TOGETHER, 1/2 TURN R

& LF Step left
9 RF Cross over on ball
10 RF Step heel down
11 LF 1/8 turn L, step forward on ball (face 10.30)
12 LF Step heel down
13 RF Step forward
14 LF Step back
15 RF Touch together
16 LF 3/8 turn R lifting both heels (face 3.00)

TOE STRUT, FULL TURN R, 1/8 TURN R, SLIDE, CROSS OVER

17 RF 1/8 Turn R, step forward on ball (face 4.30)
18 RF Step heel down
19 LF Step together
20 RF Full turn R, step forward (face 4.30)
21 LF 1/8 Turn R, step left (face 6.00)
22 Slide
23 Slide
& RF Cross behind
24 LF Cross over

KICK BALL CROSS 2X, 1 3/4 TURN R

25 RF Kick diagonally R forward
& RF Step together
26 LF Cross over
27 RF Kick diagonally R forward
& RF Step together
28 LF Cross over
29 RF 1/4 Turn R, step forward (face 9.00)
30 LF 1/2 Turn R, step backwards (face 3.00)
31 RF 1/2 turn R, step forward (face 9.00)
32 LF 1/2 Turn R. step backwards (face 3.00)

1/4 TURN R, TOE STRUT 2X, 1/8 TURN R, FORWARD, TOUCH 7/8 TURN R

33 RF 1/4 Turn R, step right on ball (face 6.00)
34 RF Step heel down
35 LF Cross over on ball
36 LF Step heel down
37 RF 1/8 Turn R, Step forward, start body roll (face 7.30)
38 from lower back to head
39 LF Step backwards
40 RF 7/8 Turn R, touch together (face 6.00)

TOE STRUT 2X, CROSS OVER, 1/2 TURN L

41 RF Cross over on ball
42 RF Step heel down
43 LF Step left on ball
44 LF Step heel down
45 RF Cross over
46 Hold
47 1/2 Turn L (12.00)
48 Hold

ARM ROLLS WITH HEEL BOUNCES

49 RF 1/8 Turn R, bounce heel } Make fists and (face 1.30)
50 RF Bounce heel } roll under arms
51 RF Bounce heel } around
52 RF Bounce heel } eachother.
53 LF 1/4 Turn L, bounce heel } On the full count (face 10.30)
54 LF Bounce heel } your RA is
55 LF Bounce heel } forward.
56 LF Bounce heel }

1/2 TURN L, 1/4 TURN L, JAZZ BOX 1/4 TURN R

57 RF 1/8 Turn R, step forward (face 12.00)
58 LF 1/2 Turn L, step forward (face 6.00)
59 RF Step forward
60 LF 1/4 Turn L, step forward (face 3.00)
61 RF Cross over
62 LF 1/4 Turn R, step backwards (face 6.00)
63 RF Step right
64 LF Cross over

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ARM SWINGS WITH HEAD MOVEMENT

65 RF Step R, swing arms R, head to R shoulder
66 Swing arms down to L, head down to L shoulder
67 Swing arms down to R, head down to R shoulder
& Swing arms up to L, head up to L shoulder
68 Swing arms down to R, head down to R shoulder
69 Swing arms down to L, head down to L shoulder
70 Swing arms down to R, head down to R shoulder
71 Swing arms down to L, head down to L shoulder
& Swing arms up to R, head up to R shoulder
72 Swing arms down to L, head down to L shoulder

½ TURN L, ¼ TURN L, JAZZ BOX ¼ TURN R

73 RF Step forward
74 LF ½ Turn L, step forward (face 12.00)
75 RF Step forward
76 LF ¼ Turn left, step forward (face 9.00)
77 RF Cross over
78 LF ¼ Turn R, step backwards (face 12.00)
79 RF Step right
80 LF Step forward

TOE STRUT 2X, ¼ TURN R, TOE STRUT 2X

81 RF Step forward on toe, LH forward, push chin forwards
82 RF Step heel down, push chin forwards
83 LF Step forward on toe, RH forward, push chin forwards
84 LF Step heel down, push chin forwards
85 RF ¼ Turn R, Step forward on toe (face 3.00), LH forward, push chin forwards
86 RF Step heel down, push chin forwards
87 LF Step forward on toe, RH forward, push chin forwards
88 LF Step heel down, push chin forwards

¼ TURN R, TOE STRUT 2X, OUT 2X,

¼ TURN R, IN 2X

89 RF ¼ Turn R, Step forward on toe (face 6.00), LH forward, push chin forwards
90 RF Step heel down, push chin forwards

91 LF Step forward on toe, RH forward, push chin forwards
92 LF Step heel down, push chin forwards
& RF Step forward
93 LF Step left, both arms up
94 Hold
& RF ¼ Turn R, step in (face 9.00)
95 LF Step together, arms down and bend body
96 Hold

OUT 2X, 1/8 TURN R, IN 2X, OUT 2X, SHAKE

& RF Step forward
97 LF Step left, both arms up
98 Hold
& RF 1/8 Turn R, step in (face 10.30)
99 LF Step together, arms down and bend body
100 Hold
& RF 1/8 Turn R, step right (face 12.00)
101 LF Step left, both arms up
102 Heel bounce with both feet, arms down
103 Shake shoulders
& Shake shoulders
104 Shake shoulders

TOE STRUT 2X, SKATE FORWARD 4X

105 RF Step diagonally right forward on ball
106 RF Step heel down
107 LF Step diagonally left forward on ball
108 LF Step heel down
109 RF Step diagonally right forward
110 LF Step diagonally left forward
111 RF Step diagonally right forward
112 LF Step diagonally left forward

ROCK STEP, CHASSE ½ TURN R, TOUCH HOP

STEP ½ TURN R, ROCK STEP

113 RF Step forward
114 LF Step back
115 RF ½ Turn R, step forward (face 6.00)
& LF Step together
116 RF Step forward
117 LF ¼ Turn R, touch together (face 9.00)
& LF ¼ Turn R, hitch, RF hop (face 12.00)
118 LF Step backwards
119 RF Step backwards
120 LF Step forward