

# 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 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 ½ turn right step right forward(7), step left forward(8) (12.00)

**“Big Wheels keep on turning”**

## **[33-40]VINE RIGHT TOUCH, ROLLING VINE ¼ 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 ¼ left step left forward(5), making ½ turn left step right back(6)
- 7-8            Making ½ left step left forward(7), touch right beside left (8) (9.00)

**[41-48]VINE RIGHT TOUCH, ROLLING VINE ¼ 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 ¼ left step left forward(5), making ½ turn left step right back(6)  
7-8 Making ½ 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 ¼ TURN LEFT, PIVOT ¼ 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 ¼ turn left(6) (12.00)  
7-8 Step right forward(7), pivot ¼ turn left(8)

**[65-80]Repeat counts 49-64to 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 ½ turn left to face the front wall....**