

PROUD MARY

Choreographer: Mike & Michelle Seurer 22 7th Street, Fond du Lac, WI 54935 (920)907-1214

Record: Rawhide CD Proud Mary

Rhythm: TWO-STEP

Phase: II

Footwork: Opposite, Except as noted

Sequence: INTRO AB AB INTERLUDE AB AB ENDING

INTRODUCTION

1---4 WAIT(ABOUT 4-6 ft APT):: STRUT TOG 4::
1-2 About 4-6 ft apt wait 2 meas;;
3-4 Strut tog twd ptr R,-,L,-;R,-,L to BFLY/WALL,-;

PART A

1---4 FACE TO FACE; BACK TO BACK; BASKETBALL TURN::
1-2 Sd L, cl R sd L trng ½ LF to bk to bk pos,-;Sd R, cl L, sd R trng RF to mont
BFLY/WALL,-;
3-4 Lunge sd L, twd LOD,-,rec R trng RF (W LF) to LOP/RLOD,-; Lunge sd L
twd RLOD,-, rec R trng RF (W LF) to OP/LOD,-;
5---8 HITCH 6:: STRUT 4::
5-6 Fwd L, cl R, bk L,-; Bk R, cl L, fwd R to SCP/LOD,-;
7-8 Strut R,-,L,-;R,-,L to CP/WALL,-;

PART B

1---4 TRAVELING BOX:::
1-2 Sd L, cl R, fwd L blending to RSCP/RLOD,-, Fwd R,-, fwd L,-;
3-4 Sd R, cl L, bk R blending to SCP/LOD,-, Fwd L,-,fwd R to FCG /WALL,-;
5---8 SKATE L&R; SIDE TWO-STEP; SKATE R&L; SIDE TWO-STEP;
5-6 Sd L, draw R to L, sd R, draw L to R,-; Sd L, cl R, sd L, tch R,-;
7-8 Sd R, draw L to R, sd L, draw R to L,-; Sd R, cl L, sd R, tch L to BFLY/WALL,-;

INTERLUDE

1---4 SOLO LEFT TURNING BOX:::
1-2 Sd L, cl R, fwd L trng ¼ LF fc LOD shd to shd pos with ptr,-; Sd R, cl L, bk R trng
¼ LF to fc COH bk to bk with ptr(W sd R, cl L, bk R trn1/4 LF,-; sd L, cl R,
fwd L trn 1/4 LF),-;
3-4 Sd L, cl R, fwd L trng ¼ LF fc RLOD sd to shd pos with ptr,-;Sd R, cl L, bk R trng
¼ LF to WALL(W sd R, cl L, bk R trn1/4 LF,-; sd L, cl R, fwd L trn 1/4 LF),-;
5--- SIDE DRAW CLOSE;
5-6 Sd L, draw R to L, cl R to BFLY/WALL,-;

ENDING

1---4 SOLO LEFT TURNING BOX:::
1-2 Sd L, cl R, fwd L trng ¼ LF fc LOD shd to shd pos with ptr,-; Sd R, cl L,bk R trng
¼ LF to fc COH bk to bk with ptr(W sd R, cl L, bk R trn1/4 LF,-; sd L, cl R, fwd L
trn 1/4 LF),-;
3-4 Sd L, cl R, fwd L trng ¼ LF fc RLOD sd to shd pos with ptr,-; Sd R, cl L,bk R trng
¼ LF to WALL(W sd R, cl L, bk R trn1/4 LF,-; sd L, cl R, fwd L trn 1/4 LF),-;
5---6 SLOW OPEN VINE 3 PT THRU ON 4 ::
5-6 Sd L, XRib of L trn to fc RLOD,-; sd L, XRif of L, pt to LOD,-;