

KEEP ON ROLLING

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Count: 90

Wall: 1

Level: Phrased Intermediate

Choreographer: William Sevone (Jan 2007)

Music: Proud Mary by Ike & Tina Turner (102-174 bpm) (short 3:20 single version only)

Dance sequence:- AA-B-C-DDDdDDDdD (d - denotes short wall/vanilla)

Choreographers note:- The dance 'Starts easy - and finishes rough'.

Only the original short 3m 20sec single version can be used. It is available on some sites.

NOTE: Section A and B on this page... Sections C and D on page 2

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts 40 seconds in - after the spoken intro.

SECTION A - 102 bpm (The 'Easy' - end facing 6:00)

2x Diagonal Hand Roll. Arms: Side-Cross. 1/4 Kick. Bwd (9:00)

1 - 2 (stepping right foot slightly to right, bending right knee with body turned diagonally left)

- Forward hand roll forward (chest level) for 2 counts.

3 - 4 (transferring weight to left, bending left knee with body turned diagonally right)

- Forward hand roll (chest level) for 2 counts.

5 - 6 (with weight central) Extend arms to either side. Cross arms at shoulder height.

7 Turn ¼ left - kicking left foot forward & extending left arm in same direction (9)

8 (arm down) Step backwards onto left.

Style note: During 'hand rolls' - give a little (hip) wiggle.

Together-Fwd. 1/4 Left Side. 1/2 Left Side. Rec. 1/2 Right Side. 3/4 Right Fwd. Shuffle (3:00)

- &9- 10** Step right next to left, step forward onto left. Turn $\frac{1}{4}$ left & step right to right (6)
- 11 - 12** Turn $\frac{1}{2}$ left & step left to left. Recover weight onto right (12).
- 13 - 14** Turn $\frac{1}{2}$ right & step left to left (6). Turn $\frac{3}{4}$ right & step forward onto right (3)
- 15& 16** Shuffle forward stepping: L.R-L.

3x Press-Recover. 1/2 Right Fwd. 1/4 Right Side (12:00)

- 17 - 18** Press step forward onto right. Recover onto left.
- 19 - 20** Press step backward onto right. Recover onto left.
- 21 - 22** Press step forward onto right. Recover onto left.
- 23 - 24** Turn $\frac{1}{2}$ right & step forward onto right. Turn $\frac{1}{4}$ right & step left to left side (12)

4x Fwd 'Pony' Triple (12:00)

25& 26(lower head & swing arms down and back) - Step forward onto right, recover onto left, step onto right.

27& 28(raising head forward & arms upward) - Step forward onto left, recover onto right, step onto left.

29& 30(lower head & swing arms down and back) - Step forward onto right, recover onto left, step onto right.

31& 32(raising head forward & arms upward) - Step forward onto left, recover onto right, step onto left.

Style note: Pony section: All counts (not including '&') raise/hitch knee whilst moving slowly forward.

Fun note: Reverse arm action by having lines doing alternate arms movements

i.e.: Line one 25-26 arms down... line two arms up - create a 'wave' pattern.

SECTION B - 102 to zero bpm (The 'Easy' part 2 - as the music gradually slows to a stop) (12:00)

Because the music slows over 10 'full counts' (each gap getting longer as it progresses) the preciseness of the steps can

get a little muddled.. don't worry - as long you move with the tempo and end facing the 12:00/home wall with feet together. (mentally counting up to 10....)

- 1 - 6 Walk (over 6 counts) - rotating forearms forward (both together a'la 'Riverboat/Paddle Steamer') perform a FULL turn left to face 'home'/12:00 wall
- 7 - 8 Walk forward - still rotating forearms
- 9 - 10 Feet side by side - lower head & lower arms to sides (getting ready for the sudden start on '10')

SECTION C - 174 bpm (Start of the 'Rough' - Drum & Horns kick in for the instrumental) (12:00)

1 - 2(leaning upper body to right) Tap right over left. Step right next to left.

3 - 4(leaning upper body to left) Tap left over right. Step left next to right.

5 - 16 Repeat above: Right-Left-Right-Left-Right-Left. (Tina starts to sing on count 15)

Style note: As you 'tap', raise both forearms - and lower, when stepping together.

SECTION D - 174 bpm (The 'Rough' - As Tina starts to sing at full throttle)

2x Diagonal Hand Roll. Arms: Side-Cross. 1/4 Kick with Expression. Bwd (9:00)

1 - 2(stepping right foot slightly to right, bending right knee with body turned diagonally left)

- Forward hand roll forward (chest level) for 2 counts.

3 - 4(transferring weight to left, bending left knee with body turned diagonally right)

- Forward hand roll (chest level) for 2 counts.

5 - 6(with weight central) Extend arms to either side. Cross arms at shoulder height.

7 Turn ¼ left - kicking left foot forward & extending left arm in same direction (9)

8(arm down) Step backwards onto left.

Style note: During 'hand rolls' - give a little (hip) wiggle.

Together. Fwd. 3x Press-Recover (9:00)

9 - 10 Step right next to left. Step forward onto left.

11 - 12 Press step forward onto right. Recover onto left.

13 - 14 Press step backward onto right. Recover onto left.

15 - 16 Press step forward onto right. Recover onto left.

1/2 Right Fwd. 3x Press-Recover. 1/4 Left Side (12:00)

17 - 18 Turn $\frac{1}{2}$ right & step forward onto right (3). Press step forward onto left.

19 - 20 Recover onto right. Press step left backward.

21 - 22 Recover onto right. Press step forward onto left.

23 - 24 Recover onto right. Turn $\frac{1}{4}$ left & step left to left (12)

Cross. Side Rock. Rec. Behind.(see note). Side. Cross Rock. Recover. Side (12:00)

25 - 26 Cross right over left. Rock left to left side.

27 - 28 Recover weight on right. Step left behind right.

SHORT WALL/VANILLA: 4 and 8 end at THIS point

29 - 30 Step right to right side. Cross rock left over right.

31 - 32 Recover weight onto right. Step left to left side.

Last Revision - 14th December 2011