

PM ROLL

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Count: 32 **Wall:** 1 **Level:** Intermediate

Choreographer: William Sevone (Dec 2006)

Music: Proud Mary by The Checkmates Ltd (many compilations)

Choreographers note:- The dance is extremely tight and energetic. The music, a full throttle vibrant

gospel tour de force. Remember the Restarts/shorts walls.

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

Dance starts on the vocals with feet together and weight on the left foot.

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 ¼ left & step right to right (6)

11 - 12 Turn ½ left & step left to left. Recover weight onto right (12).

13 - 14 Turn ½ right & step left to left (6). Turn ¾ 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 (9). 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.

SHORT WALL - Start 'Walls' 5,9 and 13 from this point.

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.

Notes for 'Pony' section:-

Style note: 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.

Last Revision - 14th December 2011