

# Pony Express

Count: 58

Wand: 2

Ebene:

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Musik: Overnight Male - George Strait



## RIGHT & LEFT SIDE TOUCHES

- 1-2-3-4 Touch right side, touch right together, touch right side, step together with right foot  
5-6-7-8 Touch left side, touch left together, touch left side, step together with left foot

## FORWARD & BACKWARD JAZZ JUMPS (HOPS) - HANDS HELD AS THOUGH HOLDING REINS

- &-1 Small jump forward with right then left foot  
&-2 Small jump forward with right then left foot  
&-3 Small jump backward with right then left foot  
&-4 Small jump backward with right then left foot

## 2 HALF TURNS LEFT

- 5-6-7-8 Step forward right and turn ½ left, step in place left, step forward right and turn ½ left, step in place left

## GRAPEVINE RIGHT, SCUFF

- 1-2-3-4 Step side right, cross left behind right, step side right, scuff left

## GRAPEVINE LEFT WITH ½ TURN TO THE RIGHT

- 5-6-7-8 Step side left, cross right behind left, step side left, swing right foot to the right, swiveling on left foot, make a ½ turn to the right (ronde' right)  
  
1-2-3 Cross right behind left (1), swing left foot to left side (2), cross left behind right foot (3),  
4-5-6 Swing right foot to right side (4), cross right behind left foot (5), touch left toe back (6)

## TWO HALF TURNS RIGHT

- 7-8-9-10 Step forward left and turn ½ right, step in place right, step forward left and turn ½ right, step in place right

## PONY STEPS - ELBOWS BENT-ARMS POINTING FORWARD-HANDS GRASP REINS

- 1-2-3-4 Step forward left (reach forward with both hands), slide right foot to left heel (pull hands back to body),  
5-6-7-8 Repeat 3 more times for counts 3,4, 5,6, 7,8 (stomp together on count 8)

## HEEL SWIVELS (TWISTS OR SHIFTS)

- 1-2-3-4 Twist both heels right, hold, twist both heels left, hold  
5-6-7-8 Twist both heels right, left, right, left

## TOUCH HEELS FORWARD, TOGETHER

- 1-2-3-4 Touch right heel forward, together, touch right heel forward, together  
5-6-7-8 Touch left heel forward, together, touch left heel forward, together

## REPEAT