

El Pony

Compte: 96

Mur: 0

Niveau: Phrased Improver



Chorégraphe: Ernie Yin (INA) & Athika Nasution (INA) - July 2021

Musique: EL PONY - Daddy Yankee

Sequence : AABC AAAABC ACAA ENDING

PART A

I. DIAGONAL DOUBLE STEP TOUCH R&L

- 1 2 Step Rf diagonally R - Close Lf beside Rf
- 3 4 Step Rf diagonally R - Touch Lf beside Rf
- 5 6 Step Lf diagonally L - Close Rf beside Lf
- 7 8 Step Lf diagonally L - Touch Rf beside Lf

II. JAZZ BOX 1/4 R - ROCKING CHAIR

- 1 2 Step Rf forward - Turn 1/4 R Step Lf back
- 3 4 Step Rf to right - Step Lf forward (03.00)
- 5 6 Step Rf forward - Recover on Lf
- 7 8 Step Rf back - Recover on Lf

III. DIAGONAL DOUBLE STEP TOUCH R&L

- 1 2 Step Rf diagonally R - Close Lf beside Rf
- 3 4 Step Rf diagonally R - Touch Lf beside Rf
- 5 6 Step Lf diagonally L - Close Rf beside Lf
- 7 8 Step Lf diagonally L - Touch Rf beside Lf

IV. JAZZ BOX 1/4 R - SIDE - SLOW HIP ROLL

- 1 2 Step Rf forward - Turn 1/4 R Step Lf back
- 3 4 Step Rf to right - Step Lf forward (06.00)
- 5 6 Step Rf to right hip on Left - Push hip to back
- 7 8 Push hip to right - Recover weight on Lf

PART B

I. SLIDE R - TOUCH - HIP DROP

- 1 2 Slide Rf to right in 2 count
- 3 4 Touch Lf forward - Hold
- 5 6 Bring up hip - drop hip down
- 7 8 Bring up hip - drop hip down

II. SLIDE L - TOUCH - HIP DROP

- 1 2 Slide Lf to right in 2 count
- 3 4 Touch Rf forward - Hold
- 5 6 Bring up hip - drop hip down
- 7 8 Bring up hip - drop hip down

III. SLOW ROCK R FORWARD - RECOVER - COASTER STEP

- 1 2 Step Rf forward with body wave for 2 count
- 3 4 Recover on Lf - Hold
- 5 6 Step Rf back - Close Lf beside Rf
- 7 8 Step Rf forward - Hold

IV. SLOW ROCK L FORWARD - RECOVER - COASTER STEP

- 1 2 Step Lf forward with body wave for 2 count

3 4 Recover on Rf - Hold
5 6 Step Lf back - Close Rf beside Lf
7 8 Step Lf forward - Hold

PART C

I. DIAGONAL TRIPLE STEP R&L - WALK BACK

1 & 2 Slightly jump to diagonal R Step R-L-R in place
3 & 4 Slightly jump to diagonal L Step L-R-L in place
5 6 Step Rf back - Step Lf back
7 8 Step Rf back - Close Lf beside Rf

II. CROSS ROCK - ROCK BACK DIAGONAL 2X

1 2 Step Rf cross over Lf - Recover on Lf
3 4 Step Rf diagonally right back - Recover on Lf
5 6 Step Rf cross over Lf - Recover on Lf
7 8 Step Rf diagonally right back - Recover on Lf

III. DIAGONAL TRIPLE STEP R&L - WALK BACK

1 & 2 Slightly jump to diagonal R Step R-L-R in place
3 & 4 Slightly jump to diagonal L Step L-R-L in place
5 6 Step Rf back - Step Lf back
7 8 Step Rf back - Close Lf beside Rf

IV. CROSS ROCK - ROCK BACK DIAGONAL 2X

1 2 Step Rf cross over Lf - Recover on Lf
3 4 Step Rf diagonally right back - Recover on Lf
5 6 Step Rf cross over Lf - Recover on Lf
7 8 Step Rf diagonally right back - Recover on Lf

ENDING :

1 2 Step Rf to right - Hold (06.00)
3 4 Step Lf beside Rf - Step Rf in place
5 6 Step Lf to right - Hold
7 8 Step Rf beside Lf - Step Lf in place

1 2 Turn 1/2 L Step Rf to right - Hold (12.00)
3 4 Step Lf beside Rf - Step Rf in place
5 6 Step Lf to right - Hold
7 8 Step Rf beside Lf - Step Lf in place

1 2 Touch Rf to right - Hold (12.00)
3 4 Touch Rf beside Lf - Hold
5 6 Slide Rf to right - Hold
7 8 Touch Lf beside Rf - Hold

And slide to left for pose ...

Happy dancing ...

Stay safe ... Stay healthy..
