

Our Poney Express

Compte: 64

Mur: 2

Niveau: Improver / Intermediate

Chorégraphe: Martine Canonne (FR) & Agnes Gauthier (FR) - January 2022

Musique: Poney express - Urbain Lambert : (CD: Qui n'ose rien - iTunes)



Start : 32 counts

S 1 : GALLOP, SIDE LEFT & SLIDE RF, BEHIND-SIDE-CROSS

- 1&2&3&4 Gallop diagonal right fwd
5 - 6 Step LF to left side, slide RF next to LF (open your body slightly diagonal right)
7 & 8 Cross RF behind LF, step LF to left side, cross RF over LF

S 2 : SIDE ROCK, CROSS & CROSS, PIVOT ¼, PIVOT ¼, PIVOT ½, TOGETHER

- 1 - 2 Step LF to left side, recover onto RF
3 & 4 Cross LF over RF, step RF to right side, cross LF over RF
5 - 6 Turn ¼ left stepping RF back (09:00), turn ¼ left stepping LF fwd (06:00)
7 - 8 Turn ½ left stepping RF back, step LF next to RF (weight onto LF) (12:00)

S 3 : GALLOP, SIDE LEFT & SLIDE RF, BEHIND-SIDE-CROSS

- 1&2&3&4 Gallop diagonal right
5 - 6 Step LF to left side, slide RF next to LF (open your body slightly diagonal right)
7 & 8 Cross RF behind LF, step LF to left side, cross RF over LF

S 4 : SCISSOR CROSS, ¼ TRIPLE BACK, TRIPLE ½ LEFT, PIVOT ½, TOGETHER

- 1 & 2 Step LF to left side, step RF next to LF, cross LF over RF
3 & 4 Turn ¼ left stepping RF back, step LF next to RF, step RF back (09:00)
5 & 6 Turn ¼ left stepping LF to left side, step RF next to LF, turn ¼ left stepping LF fwd (03:00)
7 - 8 Turn ½ left stepping RF back, step LF next to RF (weight onto LF) (09:00)

S 5 : TRIPLE RIGHT & LEFT FWD, ROCK STEP, OUT-OUT, IN-IN

- 1&2 Step RF fwd, step LF next to RF, step RF fwd
3&4 Step LF fwd, step RF next to LF, step LF fwd
5 - 6 Step RF fwd, recover onto LF
&7&8 OUT-OUT IN-IN : step RF to right side, step LF to left side, step RF in the center, step LF next to RF

S 6 : STEP ¼ X2, CROSS-TURN ¼ RIGHT- HEEL, TOGETHER, CROSS & CROSS

- 1 - 4 Step RF fwd, turn ¼ left, step RF fwd, turn ¼ left (weight onto LF) (03:00)
5 & 6 Cross RF over LF, turn ¼ right stepping LF back, touch heel RF diagonal right (06:00)
&7&8 Step RF next to LF, cross LF over RF, step RF to right side, cross LF over RF

S 7 : STOMP RF & LF, APPLE JACK LEFT, CROSS & CROSS, SIDE LEFT, TURN ¼ w/SIDE

- 1 - 2 Stomp RF slightly to right side, stomp LF slightly to left side
&3&4 Weight onto heel LF & toe RF : swing toe LF & heel RF to left side, recover onto center (weight transfer), weight onto heel RF & toe LF : swing toe RF & heel LF to right side, recover onto center (finish weight onto LF) (OPTION EASY: HEEL FAN IN RF & LF)
5 & 6 Cross RF over LF, step LF to left side, cross RF over LF
7 - 8 Step LF to left side, turn ¼ right stepping RF to right side (09:00)

S 8 : STOMP LF & RF, APPLE JACK RIGHT, JAZZ BOX TURN ¼ & TOUCH

- 1 - 2 Stomp LF slightly to left side, stomp RF slightly to right side

&3&4 Weight onto heel RF & toe LF : swing toe RF & heel LF to right side, recover onto center (weight transfer), weight onto heel LF & toe RF : swing toe LF & heel RF to left side, recover onto center (finish weight onto RF) (OPTION EASY: HEEL FAN IN LF & RF)
5 - 8 Cross LF over RF, turn ¼ left stepping LF back, step LF to left side, touch RF next to LF (06:00)

TAG : End wall 2 (12:00) : modify count 8 "touch" by "together" and repeat the last 8 steps but no turn ¼ to the left. Just a Jazz box & touch

FINAL : For finish face 12:00 : modify S7 - count 8 by turn ½ right and Stomp LF - RF .

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