

Pony Up

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Tracy Walters (CAN) - March 2018
音乐: Pony Up - Nice Horse



Kicks and Sailor-Steps

- 1-2. Kick right foot forward, kick right foot to the side
- 3&4. Sailor-step (step right foot behind left foot, step left foot in place, step right foot to the side)
- 5-6. Kick left foot forward, kick left foot to the side
- 7&8. Sailor-step (step left foot behind right foot, step right foot in place, step left foot to the side)

Rock Steps and Shuffles

- 1-2. Step (rock) right foot forward, step back in place on to left foot
- 3&4. Shuffle forward (step right foot forward, step left foot next to right foot, step right foot forward)
- 5-6. Step (rock) left foot forward, step back in place onto right foot
- 7&8. Shuffle back (step left foot back, step right foot next to left foot, step left foot back)

Chasse Right and Left

- 1&2&3-4. Chasse right (step right foot to the side, step left foot next to right foot, step right foot to the side, step left foot next to right foot, step right foot to the side, tap left heel forward)
- 5&6&7-8. Chasse left (step left foot to the side, step right foot next to left foot, step left foot to the side, step right foot next to left foot, step left foot to the side, tap right heel forward)

Grapevines Right and Left

- 1-4. Grapevine right (step right foot to the side, step left foot behind right foot, step right foot to the side, tap left toes next to right foot)
- 5-8. Grapevine left with a ¼ turn (step left foot to the side, step right foot behind left foot, make a ¼ turn left and step left foot forward, tap right toes next to left foot)

Begin Again!

Tag 1 (before starting 3rd wall and the 5th wall)

- 1 Step right foot to the side
- 2 Tap left toes next to right foot
- 3 Step left foot to the side
- 4 Tap right toes next to left foot
- 5-8 Step right foot slightly to side and rotate hips counter clockwise twice

Pause for a beat or 2.

Tag 2 (At wall 4 after the chasse right and left)

- 1-4. Four steps in place (right, left, right, left)
- then start from the beginning again

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