

# Pony Time

拍数: 80      墙数: 2      级数: Phrased Improver  
编舞者: Ivonne Verhagen (NL) & Michelle Risley (UK) - August 2023  
音乐: Pony Time (Workout Mix) - Great 'O' Music Workout  
或: Pony Time - The Timeless Voices



Intro: 8 Counts, Start at approx 5 secs  
Sequence: A, A, B, B, A, A, A, B

## Part A – 48 Counts

### SEC 1 Side Shuffle, Back Rock, Side Shuffle, Back Rock

1&2      Step right to right, step left beside right, step right to right  
3-4      Rock left back, recover weight onto right  
5&6      Step left to left, step right beside left, step left to left  
7-8      Rock right back, recover weight onto left

### SEC 2 Toe Point, Step, Toe Point, Step. Boogie Walk x4

1-2      Touch right toe forward, Step down on right transferring weight on right  
3-4      Touch left toe forward, Step down on left transferring weight on left  
5-6      Step right forward pushing both knees to right, Step left forward pushing both knees to left  
7-8      Step right forward pushing both knees to right, step left forward pushing both knees to left

Styling: 1-4 Lean back slightly, 5-6 Jazz hands

### SEC 3 Pivot ½, Hold, Pivot ¼ Hold

1-2      Step forward Right, Hold,  
3-4      Pivot Turn ½ Left, Hold, transferring weight on left (6oc)  
5-6      Step forward Right, Hold,  
7-8      Pivot Turn ¼ left, transferring weight on left (3:00)

### SEC 4 Jazzbox Cross, Dwight Steps, Side

1-2      Cross right over left, step left back  
3-4      Step right to right, cross left over right  
5-6      Touch right beside left, twist left heel to right, touch right heel beside left twist left toes to right  
7-8      Touch right beside left twist left heel to right, step right to right

### SEC 5 Diagonal Stomp x2 Hold, Diagonal Stomp x2, Hold

1-2      Stomp left forward to left diagonal, stomp left forward to left diagonal  
3-4      Hold for 2 counts  
5-6      Stomp right forward to right diagonal, stomp right forward to right diagonal  
7-8      Hold for 2 counts

### SEC 6 Rock, Hold, Recover, Hold ¼ Slow Weave

1-2      Rock left forward, hold (Arms - Raise both arms forward)  
3-4      Recover weight onto right, Hold (Arms Lower both arms)  
5-6      Step left back, turn ¼ right step right to right (6:00)  
7-8      Cross left over right, hold

## Part B – 32 Count

### SEC 1 Side, Hold, ¼ Step, Hold, Walk x3, Hold

1-2      Step right to right, hold  
3-4      Turn ¼ left step left forward, hold (9:00)  
5-6      Step right forward, step left forward  
7-8      Step right forward, hold

**SEC 2 Step, Hold, ½ Pivot, Hold, Walk x3, Hold**

- 1-2 Step left forward, hold
- 3-4 Pivot ½ right transferring weight on to right, hold (3:00)
- 5-6 Step left forward, step right forward
- 7-8 Step left forward, hold

**SEC 3 Toe Strut, ¼ Toe Strut, Toe Strut, ¼ Toe Strut**

- 1-2 Touch right forward, drop right heel transferring weight on right
- 3-4 Turn ¼ left touch left forward, drop left heel transferring weight on left (12:00)
- 5-6 Touch right forward, drop right heel transferring weight on right
- 7-8 Turn ¼ left touch left forward, drop left heel transferring weight on left (9:00)

**SEC 4 Strutting Jazzbox Cross**

- 1-2 Touch right over left, drop right heel transferring weight on right
- 3-4 Touch left back, drop left heel transferring weight on left
- 5-6 Touch right to right, drop right heel transferring weight on right
- 7-8 Touch left over right, drop left heel transferring weight on left

**Finish – Final B, Turn The Jazz box ¼ Turn Right to the Front Wall with Jazz Hands ... Ta da!**

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