

# Painted Pony

COPPER KNOB  
BY STEPHEN METELNICK

拍数: 32      墙数: 2      级数: Intermediate / Advanced NC2S  
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - September 2009  
音乐: Painted Pony - Beverley Knight : (CD 100%)



(Start after 8 count intro)

**(1-8) R fwd rock, L back, R coaster cross, L side rock & recover into R full walk around turn, weight switch to L & R sweep front to back**

1-2            Rock R forward, recover weight on L stepping back  
3&4           Step R back, step L together, cross step R over L  
5&            Rock L to side, recover weight on R turning ¼ right  
6&            Step L forward, turning ¼ right step R forward  
7&            Turning ¼ right step L forward, turning ¼ right step R forward (12 o'clock)

**RESTART: During 3rd wall (which starts facing front): dance first 7& counts. On count 8 step L together (NO sweep) & restart the dance facing front wall**

8              Step L back & sweep R right front to back

**Two full turn option for counts 5-8:**

**If you wish you can do 2 full turns right on counts 5-8 ending with the sweep**

**(9-17) R behind-side-cross, L side rock-recover-cross step, ½ L hinge into L NC basic, L behind-side-cross & unwind full turn R with R sweep**

1&2            Cross step R behind L, step L side, cross step R over L  
3&4            Rock L side, cross step R over L, cross step L over R  
&5            Turning ¼ left step R back, turning ¼ left step L side (6 o'clock)  
6&7            Rock R back, recover weight on L, step R side  
8&1            Cross step L behind R, step R side, cross step L over R & unwind full turn right sweeping R from front to back (6 o'clock)

**(18-24) R behind-side-together & sweep, L cross step-side-together & sweep, R behind-side, forward 4**

2&3            Cross step R behind L, step L side, cross step R in front of L sweeping L from side to front at same time  
4&5            Cross step L over R, step R side, cross step L behind R sweeping R from side to back at same time  
6&            Cross step R behind L, step L side  
7&8&          Step R forward, step L forward, step R forward, step L forward

**(25-32) R fwd, ½ L pivot turn, R fwd, ¾ R turn, L cross step, R NC basic, R behind, ¼ L & L fwd, L full turn forward**

1&2            Step R forward, pivot ½ left, step R forward in extended 5th (12 o'clock)

**Ending: Final wall dance will end with counts 1&2. Hold to finish.**

3&4            Turning ½ right step L back, turning ¼ right step R side, cross step L over R (9 o'clock)  
&5&6          Step R side, rock L back, recover weight on R, step L side  
7&            Cross step R behind L, turning ¼ left step L forward  
8&            Turning ½ left step R back, turning ½ left step L forward (6 o'clock)

**Non-turning option for 8&: step R fwd, step L fwd**

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