

# Ponte Loca! (aka Get Crazy!)

COPPERKNOB  
BY STEPHEN

拍数: 80      墙数: 2      级数: Phrased Intermediate  
编舞者: Tajali Hall (CAN) - October 2010  
音乐: Whine On You (feat. Omari Ferrari) - Fito Blanco



## 32 count intro

Sequence: A, B, First 16 of B, A, B, B, First 8 of B, A, B, B, B

## Part A (48 Counts)

### SYNCOPATED BACK ROCKS, FULL VOLTA SPOT TURN

1&2      Step left to left side, rock right behind left, recover weight to left  
3&4      Step right to right side, rock left behind right, recover weight to right  
5&      ¼ turn left stepping forward on left, lock right foot behind left (9:00)  
6&      ¼ turn left stepping forward on left, lock right foot behind left (6:00)  
7&      ¼ turn left stepping forward on left, lock right foot behind left (3:00)  
8      ¼ left stepping forward on left (12:00)

### SAMBA STEPS, ½ CHASE TURN, FULL TURN

1&2      Cross right over left, rock left to left side, recover weight to right  
3&4      Cross left over right, rock right to right side, recover weight to left  
5&6      Step forward right, pivot ½ turn left transferring weight to left (6:00), step forward right prepping for full turn right  
7&8      ½ turn right stepping back on left (12:00), ½ turn right stepping forward on right (6:00), step forward left

### BALL STEP, STEP BACK, ¼ TURN BACK SIDE CROSS, SYNCOPATED ROCK AND CROSS, CROSSING SHUFFLE

&1-2      Step forward right, step left in place, step back right  
3&4      Step back left, ¼ turn right stepping right to right side (9:00), cross left over right  
&5      Rock right to right side, recover weight to left  
6&7&8      Crossing shuffle right, left, right, left, right

### ¼ TURN FORWARD, ¼ TURN SIDE, STEP, ¼ TURN COASTER, STEP, ¼ TURN SIDE, ¼ TURN COASTER

1&2      ¼ turn left stepping forward on left (6:00), ¼ turn left stepping right to right side (3:00), step left behind right  
3&4      ¼ turn left stepping back on right (12:00), step left next to right, step forward on right  
5&6      Step forward on left, ¼ turn left stepping right to right side (9:00), step left behind right  
7&8      ¼ turn left stepping back on right, step left next to right, step forward on right (6:00)

### BALL STEP CROSS (x3), ¼ BALL STEP, CROSS AND CROSS

&1-2      Step left to left side, step right in place, cross left over right  
&3-4      Step right to right side, step left in place, cross right over left  
&5-6      Step left to left side, step right in place, cross left over right  
**Note: You should be travelling forward on the ball-step-cross sequences**  
&7      ¼ turn left stepping right out to right side (3:00), step left in place  
8&1      Cross shuffle right, left, right

### ¼ TURN LEFT, ROCK/RECOVER STEP BACK, WALK, WALK, BACK COASTER

2      ¼ turn left stepping forward on left (12:00)  
3&4      Rock forward on right, recover weight to left, step right back  
5-6      Walk back left, right  
7&8      Step back on left, step right next to left, step forward on left

**Part B (32 Counts)**

**KNEE/HIP ROLLS RIGHT, KNEE/HIP ROLLS LEFT**

- 1-2 Roll right knee out to right side, roll left knee out to left side
- 3&4 Roll right knee out to right side bumping hips right-left-right
- 5-6 Roll left knee out to left side, roll right knee out to right side
- 7&8 Roll left knee out to left side bumping hips left-right-left

**Note: When you start Part A again from here, do a quick weight change to your right foot**

**HEEL HOOK SCUFFS, ROCK/RECOVER STEP BACK, BALL CROSS, FULL TURN UNWIND**

- 1&2& Touch right heel forward, hook right heel across left leg, scuff right heel forward, step down on right foot
- 3&4& Touch left heel forward, hook left heel across right leg, scuff left heel forward, step down on left foot
- 5&6 Rock forward on right, recover weight to left, step right back
- &7 Step back on left, cross right over left
- 8 Unwind full turn to the left with weight ending on left foot (12:00)

**Note: When you start Part A again from here, end the unwind with your weight on the right foot**

**FULL TURN BALL CROSSES, HIP ROLLS FORWARD AND BACK, HIP ROLLS**

- &1 ¼ turn left stepping right in place, cross left over right (9:00)
- &2 ¼ turn left stepping right in place, cross left over right (6:00)
- &3 ¼ turn left stepping right in place, cross left over right (3:00)
- &4 ¼ turn left stepping right in place, cross left over right (12:00)
- 5-6 Step forward on right rolling right hip forward, step back on left rolling left hip back (your body should be angled towards the left diagonal)
- &7 Roll hips in clockwise circle
- &8 Roll hips in clockwise circle (weight should end back on left foot)

**BALL CROSS STEP BACK (x3), BALL CROSS, ½ TURN UNWIND**

- &1-2 Step down on right, cross left over right, step back on right
- &3-4 Step down on left, cross right over left, step back on left
- &5-6 Step down on right, cross left over right, step back on right

**Note: You should be travelling back on the ball-cross sequences**

- &7-8 Step down on left, cross right over left, unwind ½ turn left (6:00) (end with weight evenly on both feet as you will start over from here on both the left foot and right foot depending on which section comes next, A or B)

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