

Pony Time

COPPER KNOB
BY STEPHEN

拍數: 80 牆數: 2 級數: Phrased Improver
編舞者: Ivonne Verhagen (NL) & Michelle Risley (UK) - August 2023
音樂: 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!
