

Pony Express

拍數: 56 牆數: 0 級數:
編舞者: Lana Harvey (USA)
音樂: Unknown



- 1-2 Two heel digs with left slightly forward.
3-4 Step left beside right, one heel dig with right.
5-6 Step right beside left, one heel dig with left.
- 7-8 Step left beside right, touch right toe back.
9-10 Step right forward, twist right to right while bringing left leg up in a hug.
11-12 Step left forward, twist left to left while bringing right leg up in a hug.
13-16 Step right forward, scuff left, step left forward, scuff right.
17-18 Cross right over left & jump slightly on right while lifting left off floor, step back left lifting right off floor.
- 19-20 Repeat steps 17-18.
21-24 Cross/step right over left, touch left toe behind right in a wing, bring left next to right & touch right toe behind left in a wing.
- 25-30 3 Pony Steps (start with right), Turning 1 Full Turn to Right**
A Pony Step is a 2-count step. Step down on 1st foot, push off with ball of other foot, lifting 1st foot off floor. It should look like you are "limping".
- 31-32 Step right forward, scuff left.
- 33-38 3 pony steps (start with left), turning 1 full turn to left.
39-40 Step left forward, scuff right.
41-42 Step right 45 degrees to right, slide left beside right.
43-44 Step right 45 degrees to right, bring left leg up next to right.
45-46 Step left 45 degrees to left, slide right beside left.
47-48 Step left 45 degrees to left, bring right leg up next to left turning $\frac{1}{4}$ to right.
- 49-50 Step right back & turn $\frac{1}{4}$ to right, slide left beside right.
51-52 Step right back & turn $\frac{1}{2}$ to right, bring left leg up next to right.
53-54 Step left back, slide right beside left.
55-56 Step left back, touch right beside left.

REPEAT
