

Pony Express

COPPER **NOB**
BY STEPHEN BATES

拍數: 58 牆數: 2 級數:
編舞者: Loretta Brausewetter (USA), Marty Brausewetter (USA) & Jeff Brausewetter (USA)
音樂: Overnight Male - George Strait



RIGHT & LEFT SIDE TOUCHES

1-2-3-4 Touch right side, touch right together, touch right side, step together with right foot
5-6-7-8 Touch left side, touch left together, touch left side, step together with left foot

FORWARD & BACKWARD JAZZ JUMPS (HOPS) - HANDS HELD AS THOUGH HOLDING REINS

&-1 Small jump forward with right then left foot
&-2 Small jump forward with right then left foot
&-3 Small jump backward with right then left foot
&-4 Small jump backward with right then left foot

2 HALF TURNS LEFT

5-6-7-8 Step forward right and turn ½ left, step in place left, step forward right and turn ½ left, step in place left

GRAPEVINE RIGHT, SCUFF

1-2-3-4 Step side right, cross left behind right, step side right, scuff left

GRAPEVINE LEFT WITH ½ TURN TO THE RIGHT

5-6-7-8 Step side left, cross right behind left, step side left, swing right foot to the right, swiveling on left foot, make a ½ turn to the right (ronde' right)

1-2-3 Cross right behind left (1), swing left foot to left side (2), cross left behind right foot (3),
4-5-6 Swing right foot to right side (4), cross right behind left foot (5), touch left toe back (6)

TWO HALF TURNS RIGHT

7-8-9-10 Step forward left and turn ½ right, step in place right, step forward left and turn ½ right, step in place right

PONY STEPS - ELBOWS BENT-ARMS POINTING FORWARD-HANDS GRASP REINS

1-2-3-4 Step forward left (reach forward with both hands), slide right foot to left heel (pull hands back to body),
5-6-7-8 Repeat 3 more times for counts 3,4, 5,6, 7,8 (stomp together on count 8)

HEEL SWIVELS (TWISTS OR SHIFTS)

1-2-3-4 Twist both heels right, hold, twist both heels left, hold
5-6-7-8 Twist both heels right, left, right, left

TOUCH HEELS FORWARD, TOGETHER

1-2-3-4 Touch right heel forward, together, touch right heel forward, together
5-6-7-8 Touch left heel forward, together, touch left heel forward, together

REPEAT
