

Pony Shuffle

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Ernie (Hutch) Hutchinson (USA) & Carmel Hutchinson (USA)
音樂: Southern Streamline - John Fogerty



FULL PADDLE TURN LEFT, TRAVELING CROSS STEPS RIGHT

- 1 Step forward on ball of right foot, turning 1/3 left and start left paddle turn
- & Replace weight to left foot, continuing left turn
- 2 Step forward on ball of right foot, turning 1/3 left and continue left paddle turn
- & Replace weight to left foot, continuing left turn
- 3 Step forward on ball of right foot, turning 1/3 left and continue left paddle turn
- &4 Replace weight to left foot and complete full turn, stomp right foot down (weight right)
- 5& Cross left in front of right, with leg still crossed, step on ball of right
- 6& With leg still crossed, step on ball of left, step on ball of right
- 7&8 Step on ball of left foot, stomp right to right side, stomp left down beside right (weight left)

TRAVELING CROSS STEPS LEFT, FULL PADDLE TURN RIGHT

- 1& Cross right in front of left, with leg still crossed, step on ball of left
- 2& With leg still crossed, step on ball of right, step on ball of left
- 3&4 Step on ball of right foot, stomp left to left side, stomp right down beside left (weight right)
- 5 Step forward on ball of left, turning 1/3 right and start right paddle turn
- & Replace weight to right foot, continuing right turn
- 6 Step forward on ball of left, turning 1/3 right and continue right paddle turn
- & Replace weight to right foot continuing right turn
- 7 Step forward on ball of left foot, turning 1/3 right and continue right paddle turn
- &8 Replace weight to right foot and complete full turn, stomp left foot down (weight left)

SHUFFLE FORWARD, SHUFFLE BACK

- 1&2& Shuffle forward right-left-right, brush left heel in an arc
- 3&4& Shuffle forward left-right-left, brush right heel in an arc
- 5&6& Shuffle backwards right-left-right, brush left heel in an arc
- 7&8& Shuffle backwards left-right-left, brush right heel in an arc

SHUFFLE RIGHT, SHUFFLE LEFT, SKATE RIGHT, SKATE LEFT

- 1&2 Turn ¼ right on left, shuffle forward right-left-right
- &3&4 Turn ½ left on right, shuffle forward left-right-left
- 5-6 Turn ½ right on left and slide right forward, turn ½ left on right and slide left forward
- 7-8 Turn ½ right on left and slide right forward, turn ¼ left on right, slide left forward (face front, weight left)

WEAVING VINE LEFT, WEAVING VINE RIGHT

- 1&2& Cross right over left, step left to left side, step right behind left, step left to left side
- 3&4 Cross right over left, stomp left to left side, stomp right beside left
- 5&6& Cross left over right, step right to right side, step left behind right, step right to right side
- 7&8 Cross left over right, stomp right to right side, stomp left beside right

SHUFFLE FORWARD, ¼ TURN LEFT, SHUFFLE FORWARD, ¼ TURN LEFT

- 1&2& Shuffle forward right-left-right, turn ¼ left
- 3&4 Shuffle forward left-right-left
- 5&6& Shuffle forward right-left-right, turn ¼ left
- 7&8 Shuffle forward left-right-left

REPEAT
