

Pony Time

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Johnny Montana (USA)
音樂: Just Like a Rodeo - John Michael Montgomery



KICK, KICK, SHUFFLE BACKWARDS

- 1&2 Kick right foot forward, bend right knee and return knee towards body, kick right foot forward
3&4 Shuffle backward right, left, right (step back onto right foot, slide left foot back next to right, step back onto right foot), left coaster step, step, turn
5&6 Step back onto left foot, step onto sole of right foot next to left, step forward onto left foot
7-8 Step forward onto right foot, pivoting on soles of both feet make a ¼ turn to left transferring weight to left foot (actually over rotate to put you in position for 9 thru 12).

FRONT CROSS-BALL-CHANGE, BACK CROSS-BALL-CHANGE

Angle body slightly to left for steps 9 thru 12. Approximately 11:00

- 9&10 Step onto right foot across in front of left, step onto sole of left foot to left side, step onto right foot slightly to right side or replace weight in position
11&12 Step onto left foot crossing behind right, step onto sole of right foot to right side, step onto left foot slightly to the left or replace weight in position.

CROSS, PONY STEPS (CROSS, BALL-CHANGE, BALL-CHANGE, BALL-CHANGE)

These steps progress to the left side

- 13 Cross and step right foot over left
&14 Slide left foot over to right side of right foot and step, step onto right foot to left side
&15 Slide left foot over to right side of right foot and step, step onto right foot to left side
&16 Slide left foot over to right side of right foot and step, step onto right foot to left side

KICK, CROSS, KICK, CROSS

- 17-18 Kick left foot out to left side, cross and step onto left foot over right
19-20 Kick right foot out to right side, cross and step onto right foot over left

This set could be touch, cross, touch, cross

LEFT COASTER STEP, KICK, TOUCH

- 21&22 Step back onto left foot, step onto sole of right foot next to left, step forward onto left foot.
23-24 Kick right foot out across left leg, touch right toe next to left

Optional kick-ball-change

- 23&24 Kick right foot forward, step onto sole of right foot to or slightly back of home position, replace left foot in home position.

FORWARD JAZZ JUMP, CLAP, FORWARD JAZZ JUMP, CLAP

Progress forward with each jazz jump

- &25-26 Step out to right and forward onto right foot, step onto left foot opposite right about a foot apart, hold and clap hands
&27-28 Step slightly forward onto right foot, step onto left foot opposite right about a foot apart, hold and clap hands

SAILOR STEPS

- 29&30 Step onto right foot crossing behind left, step onto sole of left foot to left side, step onto right foot slightly to right side or replace weight in position
31&32 Step onto left foot crossing behind right, step onto sole of right foot to right side, step onto left foot slightly to the left or replace weight in position

REPEAT

