

Pony Up

拍數: 64 牆數: 1 級數: contra dance
編舞者: Norman Gifford (USA)
音樂: I Want to Be a Cowboy's Sweetheart - Suzy Bogguss



GILLY, TRIPLE STEP, GILLY, TRIPLE STEP

1-2 Right toe touch by instep; right heel touch beside instep (toe out)
3&4 Triple step in place (right-left-right)
5-6 Left toe touch by instep; left heel touch beside instep (toe out)
7&8 Triple step in place (left-right-left)

SHUFFLE STEP FORWARD, STEP FORWARD, SHUFFLE BACK, COASTER STEP

1&2 Right shuffle step forward (right-left-right)
3-4 Left step forward; slap hands with person across from you
5&6 Right shuffle step back (right-left-right)
7&8 Left step back; right together; left step forward

KICK BALL-CHANGES, ½ PIVOT TURNS

1&2 Right kick forward; right step together; left step together
3&4 Repeat 1&2
5-6 Right step forward; turn ½ left and step forward on left
7-8 Repeat 5-6

GRAPEVINE RIGHT, CLAP, ROLLING TURN LEFT, CLAP

1-4 Right step side; left cross behind; right step side; left touch with clap
5-7 Left step side; right step swivel full turn left; step on left
8 Right toe touch together with clap

SHUFFLE STEPS FORWARD, PIVOT TURN

1&2 Right shuffle step forward (right-left-right)
3&4 Left shuffle step forward (left-right-left)
5&6 Right shuffle step forward (right-left-right)
7-8 Left step forward; turn ½ right and step forward on right

SHUFFLE STEPS FORWARD, PIVOT TURN

1&2 Left shuffle step forward (left-right-left)
3&4 Right shuffle step forward (right-left-right)
5&6 Left shuffle step forward (left-right-left)
7-8 Right step forward; turn ½ left and step forward on left

MONTEREY TURNS

1-2 Right point side; swivel turn ½ right on left foot bringing right together
3-4 Left point side; left together
5-8 Repeat 1-4

GRAPEVINE RIGHT, CLAP, ROLLING TURN LEFT, CLAP

1-4 Right step side; left cross behind; right step side; left touch with clap
5-7 Left step side; right step swivel full turn left; step on left
8 Right toe touch together with clap

REPEAT

