

Texas Hold 'Em PONY UP

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Michael Wong (USA) - March 2025
音乐: TEXAS HOLD 'EM (PONY UP) REMIX - Beyoncé



One tag at wall 2 (after 16 ct)
One restart at wall 6 (after 16 ct)

Intro: 8 counts

[1-8] V Step, Pivot (2x)

1,2 Step RF diag. forward R, Step LF diag. forward L
3,4 Step RF back to center, Step LF back to center
5,6,7,8 Step RF forward, ½ turn left on LF, Step RF forward, ½ turn left on LF

[9-16] Grapevine Right, Grapevine Left

1,2,3,4 RF step to R, Cross LF behind RF, Step RF to R, Touch LF next to RF.
5,6,7,8 LF step to L, Cross RF behind LF, Step LF to L, Touch RF next to LF

TAG here at Wall 2 (6:00)

RESTART here at Wall 6 (12:00) - music changes to hip hop here

[17-24] K Step

1,2 RF step forward R diag, LF touch to RF
3,4 LF step back diag to center, RF touch to LF
5,6 RF step back R diag,, LF touch to RF
7,8 LF step forward diag to center, RF touch to LF

[25-32] ¼ Turning Jazz Box (2x)

1,2 Cross RF over LF, Step LF back,
3,4 ¼ turn over R shoulder stepping RF out to R, step LF next to RF
5,6 Cross RF over LF, Step LF back,
7,8 ¼ turn over R shoulder stepping RF out to R, step LF next to RF

TAG: 4 Knee Pops

1 Put weight on RF while popping L Knee (1),
2 Put weight on LF while popping R knee (2),
3 Put weight on RF while popping L Knee (3),
4 Put weight on LF while popping R knee (4)

Styling Tip - Beyonce arms:

Punch R arm down to R foot while Raising L arm up to rib for each L Knee Pop (1), Punch L arm down to L foot while Raising R arm up to rib for each R Knee Pop (2), Punch R arm down to R foot while Raising L arm up to rib for each L Knee Pop (3), Punch L arm down to L foot while Raising R arm up to rib for each R Knee Pop(4)