

Painted Pony

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate / Advanced NC2S
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - September 2009
音樂: Painted Pony - Beverley Knight : (CD 100%)



(Start after 8 count intro)

(1-8) R fwd rock, L back, R coaster cross, L side rock & recover into R full walk around turn, weight switch to L & R sweep front to back

1-2 Rock R forward, recover weight on L stepping back
3&4 Step R back, step L together, cross step R over L
5& Rock L to side, recover weight on R turning ¼ right
6& Step L forward, turning ¼ right step R forward
7& Turning ¼ right step L forward, turning ¼ right step R forward (12 o'clock)

RESTART: During 3rd wall (which starts facing front): dance first 7& counts. On count 8 step L together (NO sweep) & restart the dance facing front wall

8 Step L back & sweep R right front to back

Two full turn option for counts 5-8:

If you wish you can do 2 full turns right on counts 5-8 ending with the sweep

(9-17) R behind-side-cross, L side rock-recover-cross step, ½ L hinge into L NC basic, L behind-side-cross & unwind full turn R with R sweep

1&2 Cross step R behind L, step L side, cross step R over L
3&4 Rock L side, cross step R over L, cross step L over R
&5 Turning ¼ left step R back, turning ¼ left step L side (6 o'clock)
6&7 Rock R back, recover weight on L, step R side
8&1 Cross step L behind R, step R side, cross step L over R & unwind full turn right sweeping R from front to back (6 o'clock)

(18-24) R behind-side-together & sweep, L cross step-side-together & sweep, R behind-side, forward 4

2&3 Cross step R behind L, step L side, cross step R in front of L sweeping L from side to front at same time
4&5 Cross step L over R, step R side, cross step L behind R sweeping R from side to back at same time
6& Cross step R behind L, step L side
7&8& Step R forward, step L forward, step R forward, step L forward

(25-32) R fwd, ½ L pivot turn, R fwd, ¾ R turn, L cross step, R NC basic, R behind, ¼ L & L fwd, L full turn forward

1&2 Step R forward, pivot ½ left, step R forward in extended 5th (12 o'clock)

Ending: Final wall dance will end with counts 1&2. Hold to finish.

3&4 Turning ½ right step L back, turning ¼ right step R side, cross step L over R (9 o'clock)
&5&6 Step R side, rock L back, recover weight on R, step L side
7& Cross step R behind L, turning ¼ left step L forward
8& Turning ½ left step R back, turning ½ left step L forward (6 o'clock)

Non-turning option for 8&: step R fwd, step L fwd

Tel: 01727 853041 Website: www.thedancefactoryuk.co.uk