

PONY EXPRESS 2007

Choreographed by Lana (Harvey) Wilson, 8-07, keedance@juno.com

64 count, 1 wall, intermediate line dance

MUSIC: Down At The Twist And Shout, Mary Chapin Carpenter, 196 BPM or any similar music

HEEL, HEEL, CLOSE, HEEL, CLOSE, HEEL, CLOSE, TOE BACK

1-4 Touch L heel forward twice, step L beside R, touch R heel forward

5-8 Step R beside L, touch L Heel forward, step L beside R, touch R toe back

STEP TWISTS, STEP, SCUFF, STEP SCUFF

9-10 Step forward R, twist 45 right on ball of R touching L knee to R leg

11-12 Step forward L straightening to 12:00. Twist 45 left on ball of L touching R knee to L leg while bringing R leg next to L leg, knees touching and R slightly off ground

13-16 Step forward R straightening to 12:00, scuff L forward, step forward L, scuff R forward

CROSS JUMPS, CROSS, BRUSH, FWD, TOUCH BEHIND

17 Cross rock R over L with slight jump and at same time raise L slightly off floor

18 Step down on L in place, lifting R slightly off floor

19 Cross rock R over L with slight jump and at same time raise L slightly off floor

20 Step down on L in place, lifting R slightly off floor

21-24 Cross step R over L, brush L forward to left 45 angle, step L forward, touch R toe behind L

THREE 1/4 TURN PONY STEPS, STEP, SCUFF

25-26 Step R 1/4 right, push off with ball of L lifting R slightly off ground (*Pony step*)

27-28 Step R 1/4 right, push off with ball of L lifting R slightly off ground

29-30 Step R 1/4 right, push off with ball of L lifting R slightly off ground

31-32 Step R 1/4 right, scuff L heel forward (12:00)

THREE 1/4 TURN PONY STEPS, STEP, SCUFF

33-34 Step L 1/4 left, push off with ball of R lifting L slightly off ground (*Pony step*)

35-36 Step L 1/4 left, push off with ball of R lifting L slightly off ground

37-38 Step L 1/4 left, push off with ball of R lifting L slightly off ground

39-40 Step L 1/4 left, scuff R heel forward (12:00)

HEEL, HEEL, CLOSE, HEEL, CLOSE, HEEL, HOOK, HEEL

41-44 Touch R heel forward twice, step R beside L, touch L heel forward

45-48 Step L beside R, touch R heel forward, hook R foot across L leg, touch R heel fwd

ANGLED STEP-SLIDE-STEP, SIDE STEP-SLIDE-STEP, 1/4 TURN

49-51 Step forward R on 45 right angle, slide/step L beside to R

51-52 Step forward R on 45 angle, slide/touch L beside R

45-47 Step L straight left, slide/step R beside L, step L to left

48 Turn 1/4 right on ball of L touching R beside L

1/4 TURN STEP-SLIDE-STEP FWD, 1/2 TURN STEP-SLIDE-STEP BACK, CLOSE

49-50 Turn 1/4 right stepping R forward, slide/step L beside R (6:00)

51-52 Step R forward, turn 1/2 right on ball of R hitching L (12:00)

53-56 Step back L, slide/step R beside L, step back L, step R beside L (12:00)

Begin Again

Pony swing is a very fast couples dance. I wanted to choreograph a line dance that included the pony step and could be danced to very fast music. PONY EXPRESS can be done most very fast swing music. The original was done as 56 counts, so I have revised the wording on the original and added 8 counts (41-48) to make it an even 64 count dance.