

# PONY EXPRESS

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**Count:** 56      **Wall:** —      **Level:** —

**Choreographer:** Lana Harvey

**Music:** Unknown

- 1-2**      Two heel digs with left slightly forward.
- 3-4**      Step left beside right, one heel dig with right.
- 5-6**      Step right beside left, one heel dig with left.
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- 7-8**      Step left beside right, touch right toe back.
- 9-10**     Step right forward, twist right to right while bringing left leg up in a hug.
- 11-12**    Step left forward, twist left to left while bringing right leg up in a hug.
- 13-16**    Step right forward, scuff left, step left forward, scuff right.
- 17-18**    Cross right over left & jump slightly on right while lifting left off floor, step back left lifting right off floor.
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- 19-20**    Repeat steps 17-18.
- 21-24**    Cross/step right over left, touch left toe behind right in a wing, bring left next to right & touch right toe behind left in a wing.
- 25-30 3**   Pony Steps (start with right), Turning 1 Full Turn to Right

**A Pony Step is a 2-count step. Step down on 1st foot, push off with ball of other foot, lifting 1st foot off floor. It should look like you are "limping".**

- 31-32**     Step right forward, scuff left.
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- 33-383 pony steps (start with left), turning 1 full turn to left.**
- 39-40**     Step left forward, scuff right.
- 41-42**     Step right 45 degrees to right, slide left beside right.

- 43-44** Step right 45 degrees to right, bring left leg up next to right.
- 45-46** Step left 45 degrees to left, slide right beside left.
- 47-48** Step left 45 degrees to left, bring right leg up next to left turning  $\frac{1}{4}$  to right.
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- 49-50** Step right back & turn  $\frac{1}{4}$  to right, slide left beside right.
- 51-52** Step right back & turn  $\frac{1}{2}$  to right, bring left leg up next to right.
- 53-54** Step left back, slide right beside left.
- 55-56** Step left back, touch right beside left.

**REPEAT**