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## **Painted Pony**

32 Count, 2 Wall, Int/Adv, NC2S

Choreographer: Peter Metelnick & Alison Biggs (UK)

September 2009

Choreographed to: Painted Pony by Beverley Knight

CD: 100% (139bpm)

## 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 1/4 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)
	RT: 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,
	14 L & L fwd, L full turn forward
1&2	Step R forward, pivot ½ left, step R forward in extended 5th (12 o'clock)
	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 1/4 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