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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) $\quad R$ 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 $1 / 4$ right step R forward
7\& Turning $1 / 4$ right step L forward, turning $1 / 4$ 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, $1 / 2 L$ hinge into $L N C$ 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 $1 / 4$ left step R back, turning $1 / 4$ 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, $1 / 2 L$ pivot turn, $R$ fwd, $3 / 4$ R turn, $L$ cross $s t e p, R$ NC basic, $R$ behind, $1 / 4 L \& L$ fwd, $L$ full turn forward
$1 \& 2 \quad$ Step R forward, pivot $1 / 2$ 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 $1 / 2$ right step L back, turning $1 / 4$ 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 $1 / 2$ left step $R$ back, turning $1 / 2$ left step $L$ forward ( 6 o'clock) Non-turning option for $8 \&$ : step R fwd, step L fwd

