

# Pony Up

(One wall contra line dance)  
128 BPM  
Choreographed by Norm Gifford



***(Gilly, triple step, gilly, triple step)***

- 1-2 Right toe touch by instep; right heel touch beside instep (toe out)  
3&4 Triple step in place (RLR)  
5-6 Left toe touch by instep; left heel touch beside instep (toe out)  
7&8 Triple step in place (LRL)

***(Shuffle step forward, step forward, shuffle back, coaster step)***

- 1&2 Right shuffle step forward (RLR)  
3-4 Left step forward; slap hands with person across from you  
5&6 Right shuffle step back (RLR)  
7&8 Left step back; right together; left step forward

***(Kick ball-changes, ½ pivot turns)***

- 1&2 Right kick forward; right step together; left step together  
3&4 Repeat 1&2  
5-6 Right step forward; turn ½ left stepping forward on left  
7-8 Repeat 5-6

***(Grapevine right, clap, rolling turn left, clap)***

- 1-4 Right step side; left cross behind; right step side; left touch with clap  
5-7 Left step side; right step swivel full turn left; step on left  
8 Right toe touch together with clap

***(Shuffle steps forward, pivot turn)***

- 1&2 Right shuffle step forward (RLR)  
3&4 Left shuffle step forward (LRL)  
5&6 Right shuffle step forward (RLR)  
7-8 Left step forward; turn ½ right stepping forward on right

***(Shuffle steps forward, pivot turn)***

- 1&2 Left shuffle step forward (LRL)  
3&4 Right shuffle step forward (RLR)  
5&6 Left shuffle step forward (LRL)  
7-8 Right step forward; turn ½ left stepping forward on left

***(Monterey turns)***

- 1-2 Right point side; swivel turn ½ right on left foot bringing right together  
3-4 Left point side; left together  
5-8 (Repeat 1-4)

***(Grapevine right, clap, rolling turn left, clap)***

- 1-4 Right step side; left cross behind; right step side; left touch with clap  
5-7 Left step side; right step swivel full turn left; step on left  
8 Right toe touch together with clap

**MUSIC:** **Cowboy Sweetheart** - Suzy Boggus