

Pon De Replay

Choreographer: Roy Hadisubroto

~Official GOLD competition dance 2024 - 2025~

Level: Music:	Free Style Experienced <i>"Pon de Replay"</i> by Rihanna	
Intro:	16 counts from first beat in music (app. 8 seconds into track)	
Counts	Footwork	End facing
1 – 8	Side Steps (with knee pops), Raise Knee, Flick, Elick, Chest Press	Lina raomg
1&2&	Step R to R side & pop both knees out (1), Step L next to R & close knees (&),	
	Step R to R side & pop both knees out (2),	12:00
	Close L next to R (weight remains on R) side & close knees (&) (All steps are on ball of feet)	
Arm	L arm is out to L side & R arm is in front of chest. Body is making curve to R side.	
position	Head is facing to the R side	
3&4	Step L to L side & pop both knees out (3), Step R next to L & close knees (&),	12:00
Arm	Step L to L side (4) (All steps are on ball of feet) R arm is out to R side & L arm is in front of chest. Body is making side curve to L side.	
position	Head is facing to the L side	
	Raise R knee & both hands slap on top of the knee (&), Step R forward (5),	
&5&6	Flick L to L side & slap with L hand on it (&), Step L forward (&)	12:00
&7&8&	Flick R to R side & slap with R hand on it (&), Step R forward (7), Chest pop inwards x2 (8&)	12:00
9 – 16	Hook, Kick, Step, Hook, Kick, Step, Jazz box ¼ Turn L, Walk Back R L R, Close	
1&2	Hook R in front of L and bounce head (1), Kick R forward & bounce head (&),	12:00
102	Step R next to L & bounce head (2)	12.00
3&4	Hook L in front of R & bounce head (3), Kick L forward & bounce head (&),	12:00
	Step L next to R & bounce head (4)	
Arms	R arm is out to the front & finger is pointing down & follows the movements of the feet	0.00
5&6& 7&8&	Cross R over L (5), Turn ¼ L stepping L back (&), Step R to R side (6), Step L next to R (&) Step R back (7), Step L back (&), Step R back (8), Step L next to R (&)	9:00 9:00
1000	Step R back (7), Step L back (a), Step R back (o), Step L flext to R (a)	9.00
17 – 24	Running Fwd, Step, Close, Arm movements, Step, Close, Arm movements	
	Step R forward (1), Step L forward & bend L knee (&), Step R forward & straighten R knee (2),	
1&2&	Step L forward & bend L knee (&)	9:00
3&4&	Step R forward & straighten R knee (3), Step L forward & bend L knee (&),	0.00
	Step R forward & straighten R knee (4), Step L forward & bend L knee (&)	9:00
Arms	As if you're running forward	
5&6&	Step R diagonally back (5), Step L next to R (weight remains on R) (&),	10:30
	Grab with both hands your shirt at chest heights (6), Throw both hands to the front (&)	
7&8&	Step L diagonally back (7), Step R next to L (weight remains on L) (&),	7:30
	Grab with both hands your shirt at chest heights (8), Throw both hands to the front (&)	
25 22	Cranquing 1/ Daddla Turn L with know name 2x	
25 – 32 1 – 4	Grapevine, ¹ / ₄ Paddle Turn L with knee pops 2x Step R to R side (1), Cross L behind R (2), Step R to R side (3), Step L next to R (4)	9:00
Body	Option: Body Shake	9.00
	Rock R to R side and pop knee out (5), Recover on L (&),	
5&6&	Turn ¼ L rocking R to R side & pop R knee out (6), Recover on L (&)	6:00
7&8	Turn ¼ L rocking R to R side & popping R knee out (7), Recover on L (&), Close R next to L (8)	3:00
	TAG is on next page	

Counts	Footwork TAG 16 counts after 2 nd and 5 th wall	End facing
1 – 8	Out Out, Jump, Step, Step 2x with arm movements	
1 – 2&	Step R to R side (1), Step L to L side (2), Jump together & put both arms up above head, hand palm facing forward (&)	12:00
3 – 4	Step R forward with both knees bent, start moving both arms downwards to R (3), Step L forward with both knees bent, finish the arm movement downwards to L (4)	12:00
5 – 8	Repeat count 1 – 4	12:00
8 – 16	Push, 2x ¼ Peddle Turn L with knee pops	
1 – 2&	Step R diagonally R forward & push weight forward on ball of R (1), Recover on L (2) Step R next to L (&)	10:30
3 – 4&	Step L diagonally L forward & push weight forward on ball of L (3), Recover on R (4) Step L next to R (&)	12:00
5&6&	Rock R to R side & pop knee out (5), Recover on L (&), Turn ¼ L rocking to R side & pop knee out (6), Recover on L (&)	9:00
7&8	Turn ¼ L rocking to R side & pop knee out (7), Recover on L (&), Close R next to L (8)	6:00

