

# E. M. S.

Count: 32

Wall: 4

Level: Beginner

Choreographer: Bill Bader (CAN)

Music: Mustang Sally - The Commitments



The initials stand for 'Easy Mustang Sally'

## TRIPLE RIGHT, BACK, ROCK, TRIPLE LEFT, BACK, ROCK

- 1&2 Step right to right side, slide/step left beside right, step right to right side
- 3-4 Step left back, rock forward onto right
- 5&6 Step left to left side, slide/step right beside left, step left to left side
- 7-8 Step right back, rock forward onto left

## REPEAT 1-8: TRIPLE RIGHT, BACK, ROCK, TRIPLE LEFT, BACK, ROCK

- 1&2 Step right to right side, slide/step left beside right, step right to right side
- 3-4 Step left back, rock forward onto right
- 5&6 Step left to left side, slide/step right beside left, step left to left side
- 7-8 Step right back, rock forward onto left

## WALK FORWARD 3 STEPS, KICK, WALK BACK 3 STEPS, HITCH

- 1-2-3 Step right forward, step left forward, step right forward
- 4 Kick left forward
- 5-6-7 Step left back, step right back, step left back
- 8 Raise right knee

## BACK, HITCH, FORWARD, HITCH WITH ¼ TURN LEFT, TOUCH OUT, HITCH, TOUCH OUT, HITCH

- 1 Step right back
- 2 Raise left knee
- 3 Step left forward
- 4 Raise right knee across left turning ¼ left
- 5 Touch right toe to right side
- 6 Raise right knee up (and in)
- 7 Touch right toe to right side
- 8 Raise right knee up (and in)

REPEAT

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