

# Mustang Sally

**COPPER** **KNOB**  
STEPSHEETS

**Compte:** 32

**Mur:** 2

**Niveau:** Beginner / Improver



**Chorégraphe:** Amy Christian (USA) - February 2020

**Musique:** Mustang Sally - The Commitments

**Intro: 16 counts. Start on the lyrics when he sings "Sally".**

## **¼ HEEL GRIND, ¼ HEEL GRIND,**

1-4 Step on R heel in front of L, Swivel and turn ¼ right –stepping back on L, Step R to right side, Step L slightly fwd, [3:00]

5-8 Step on R heel in front of L, Swivel and turn ¼ right –stepping back on L, Step R to right side, Step L slightly fwd, [6:00]

(\*Option – Replace ¼ Heel Grinds with ¼ Jazz Boxes).

## **OUT-OUT, HOLD, ELVIS KNEE, HOLD, ELVIS KNEES L-R-L-R,**

&1-2 Step R out to right side(&), Step L out to left side, Hold,

3-4 Roll R knee in, Hold,

5-8 Roll knee in as the other knee rolls out – L-R-L-R (weight ends on L),

## **CROSS, POINT, L COASTER, PIVOT ½ , PIVOT ½,**

1-2 Step R across L, Point L out to left side,

3&4 Step back on ball of L, Step on ball of R next to L, Step L forward,

5-6 Step R forward, Pivot ½ turning left - stepping forward on L, [12:00]

7-8 Step R forward, Pivot ½ turning left - stepping forward on L, [6:00]

(\*Easy option – Replace the two ½ Pivots with a Rocking Chair).

## **WEAVE, CROSS ROCK, SIDE ROCK,**

1-4 Step R across L, Step L to left side, Step R behind L, Step L to left side,

5-7 Rock R across L, Recover on L, Rock R to right side, Recover on L,

**Start over!**

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