

E Z Mustang Sally

Compte: 34

Mur: 4

Niveau: Beginner

Chorégraphe: Sally Blair (USA)

Musique: Mustang Sally - The Commitments



TWO FORWARD SHUFFLES, STEP, PIVOT, STEP, HOLD & CLAP

- 1&2 Left shuffle forward (left foot, right foot, left foot)
- 3&4 Right shuffle forward (right foot, left foot, right foot)
- 5-6 Step forward on left foot, pivot ½ turn to the right
- 7-8 Step left foot to left side, hold & clap

FOUR HIP BUMPS WITH HITCHHIKER MOVE (THUMB JERKS OVER SHOULDER), CROSS, PIVOT, STOMP & CLAP, STOMP & CLAP

- 9-10 Bump hips to left side twice and at the same time jerk the left thumb over the left shoulder (hitchhiker move)
- 11-12 Bump hips to right side twice and at the same time jerk the right thumb over the shoulder (hitchhiker move)-(keep weight on right foot)
- 13-14 Step left foot across right, with weight on both feet pivot ½ turn to the right (weight ends up on left foot)
- 15-16 Stomp right foot & clap
- 17-18 Stomp left foot & clap

HEEL SPLIT, RETURN, HEEL LIFTS, RIGHT GRAPEVINE, STOMP & CLAP

- 19-20 With weight on balls of both feet spread heels apart, return heels back together
- 21-22 Bend knees & bounce heels on floor twice
- 23-24 Step right foot right, cross left foot behind right
- 25-26 Step right foot right, stomp left foot beside left & clap

LEFT GRAPEVINE, RIGHT FOOT STAR

- 27-28 Step left foot left, cross right foot behind left
- 29-30 Step left foot left, touch right toe forward
- 31-32 Touch right toe to right side, touch ball of right foot back

¼ TURN RIGHT, HITCH & SLAP

- 33-34 On ball of right foot pivot ¼ turn to the right, hitch left knee up & at the same time slap the left knee with the right hand

REPEAT
