

Mustang Sally (Cajun Style)

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 2 级数:
编舞者: Damon D'Amico (USA)
音乐: Mustang Sally - The Commitments



LEFT VINE (LEFT, BEHIND, LEFT, RIGHT)

- 1 Step left foot to left side
- 2 Step right foot behind left
- 3 Step left foot to left side
- 4 Step right foot next to left (weight on right)

SAILOR SHUFFLES (CROSS-BALL-CHANGE)

- 5&6 Cross left behind right, step ball of right foot side right, change weight to left as you step side left
- 7&8 Cross right behind left, step ball of left foot side left, change weight to right as you step side right

SAILOR SHUFFLE AND PIVOT-TOUCH

- 9&10 Cross left behind right, step ball of right foot side right, change weight to left as you step side left
- 11 Touch right heel forward
- 12 Pivot $\frac{1}{4}$ turn to the left on left foot, touching right heel forward at end of turn
- 13 Right foot step next to left
- 14 Touch left heel forward
- 15 Pivot $\frac{1}{4}$ turn to the right on right foot, touching left heel forward at end of turn
- 16 Left foot step next to right

STEPS BACK AND TO THE LEFT 1- $\frac{1}{2}$ TURN

- 17 Step right foot back
- 18 Step left foot back
- 19 Step right foot back
- 20 Touch left toe forward
- 21 Begin to the left 1- $\frac{1}{2}$ turns, progressing forward
- 22 Continue turning
- 23 Continue turning
- 24 Step right foot down (completing turn)

HIP, HIP, HIP, HIP

- 25 Swing right hip forward, return to center
- 26 Swing right hip forward, return to center
- 27 Swing left hip backward, return to center
- 28 Swing left hip backward, return to center

HIP AND ROLL, HIP AND ROLL

- 29 Swing right hip forward
- 30 Roll hips back
- 31 Swing right hip forward
- 32 Roll hips back

ANGLE STEPS BACK

- 33 Step back on right and touch to the right at a 45-degree angle (still facing forward)
- 34 Slide left foot back and touch next to right foot

- 35 Step back on left and touch to the left at a 45-degree angle
- 36 Slide right foot back and touch next to left foot
- 37 Step back on right and touch to the right at a 45-degree angle
- 38 Slide left foot back and touch next to right foot
- 39 Step back on left and touch to the left at a 45-degree angle
- 40 Slide right foot back and touch next to left foot

"MIXING THE PAINT"

- 41 Step right foot shoulder width apart, placing flexed arms in front
- 42 Move center of body right forward while pulling elbows back
- 43 Place flexed arms in front
- 44 Move center of body left forward while pulling elbows back

ROCK BACK, FORWARD, TRIPLE-STEP

- 45 Rock back on right (weight on right)
- 46 Rock forward on left (weight on left)
- 47&48 Triple step forward (right forward, left together, right forward)

PIVOTS AND TRIPLE STEPS

- 49 Step forward on left foot and pivot $\frac{1}{2}$ turn to the right
- 50 Step forward on right foot
- 51&52 Triple step left right left while turning $\frac{1}{2}$ turn to the right
- 53 Step back on right foot
- 54&55 Triple step-back on left, back on right, forward on left
- 56 Step forward on right foot, next to left

$\frac{1}{4}$ TURN TO THE RIGHT, TRIPLE STEP, PIVOT $\frac{1}{2}$ TO THE LEFT, TRIPLE STEP

- 57 Step right on left foot at 45-degree angle
- 58 Step right on right foot, angling right
- 59 Step forward on left foot completing $\frac{1}{4}$ turn to the right
- & Step right foot next to left
- 60 Step left foot forward
- 61 Step right foot forward and pivot $\frac{1}{2}$ turn to the left
- 62 Step forward on left
- 63&64 Triple step-right forward, left next to right, right forward

KICK, BALL CHANGE, SIDE TRIPLE STEP, SIDE TRIPLE STEP WITH PIVOT $\frac{1}{2}$ TO THE LEFT, TRIPLE STEP

- 65 Kick forward with left foot
- & Step to left on ball of foot
- 66 Change weight to right foot
- 67&68 Side triple step-left foot left, right foot together, left foot left
- 69&70 Side triple step with pivot-right foot right, left foot together, right foot right and turn $\frac{1}{2}$ to the left
- 71&72 Side triple step-left foot left, right foot together, left foot left

"BREAK"-JUMP OUT, CLAP, JUMP BACK, CLAP, CIRCLE HIPS

- & Jump out and turn $\frac{1}{4}$ to the right, landing slightly forward first on right foot
- 73 Land on left foot, feet should be apart
- 74 Clap hands
- & Jump back, landing first on right foot
- 75 Land on left foot, feet should be apart
- 76 Clap hands (during next four beats palms are at hips parallel to floor)
- 77 Move hips to the right

- 78 Move hips back
- 79 Move hips to the left
- 80 Move hips forward

TOE POINTS

- 81 Touch right toe to side
- & Step right together
- 82 Touch left toe to side
- & Step left together
- 83 Touch right toe to side
- & Step right together
- 84 Touch left to side (weight on right)

ROLL, STEP, POINT, ROLL, STEP, POINT

- 85 Roll weight over left foot
- & Step right foot together
- 86 Point left toe to side
- 87 Roll weight over left foot
- & Step right foot together
- 88 Point left toe to side

ROLL, STEP, POINT, ROLL, STEP, POINT

- 89 Roll weight over left foot
- & Step right foot together
- 90 Point left toe to side
- 91 Roll weight over left foot
- & Step right foot together
- 92 Point left toe to side

TOE POINTS

- 93 Touch right toe to side
- & Step right together
- 94 Touch left toe to side
- & Step left together
- 95 Touch right toe to side
- & Step right together
- 96 Touch left to side (weight on right)

REPEAT

VARIATION #1:

**Kick rather than touch heels forward on counts 11, 12, 14, and 15
Add claps after each step back on counts 34, 36, 38, and 40)**

VARIATION #2:

- 57 Shift weight from left to right foot (feet should be apart)
 - 58 Twist body and feet to $\frac{1}{4}$ turn to right
 - 59 Twist body and feet $\frac{1}{2}$ turn to the left
 - 60 Twist body and feet $\frac{1}{2}$ turn to the right (you are now $\frac{1}{4}$ turn to the right from last measure)
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