Mustang Sally



拍数: 0 墙数: 0 级数:

编舞者: Levi J. Hubbard (USA) 音乐: Mustang Sally - Los Lobos



Sequence: AA (omitting counts 33-40) C AA BC AA BC AA BC AA BC A to end of song

PART A

		HT). BEHIND ROCK-RECOVER	1/ TUDN // CCT\
WAIKEORWARD	SYNCOPATED VINE (RIG	HII BEHIND RUCK-RECOVER	24 I I I R N (I E E I)

1 Right - step forward
2 Left - step forward
3 Right - step to side

4 Left - cross step behind right foot & Right - step slightly backwards 5 Left - cross step in front of right foot

6 Right - step to side

7 Left - cross step (rock) behind right foot, while slightly lifting right foot off floor

& Right - lower foot back to floor

8 Left - turning ¼ turn left, step slightly forward

9-16 Repeat above counts 1-8 (same feet)

1/4 TURN (LEFT), 1/4 TURN (LEFT), BEHIND & CROSS, SIDE ROCK-RECOVER, & CROSS STEP

17 Right - step forward

18 Pivot ¼ turn left, keeping weight on left foot

19 Right - step forward

20 Pivot ¼ turn left, shifting weight to right foot

Optional hip rolls can be done with the 1/4 turns

21 Left - cross step behind right foot

& Right - step to side

22 Left - cross step in front of right foot

23 Right - step (rock) to side, slightly lifting left foot off floor (slightly throwing body over right leg)

& Left - lower foot back to floor (returning body back to center)

24 Right - cross step in front of left foot

34 TURN (LEFT), SHUFFLE BACK, BACK ROCK-RECOVER, SHUFFLE FORWARD

25 Left - turning ¼ turn left, step forward

26 Left - pivot on (ball of) foot ½ turn left, stepping back on right foot

27 Left - step backwards
& Right - step together
28 Left - step backwards

29 Right - step (rock) backward, while slightly lifting left foot off floor

& Left - lower foot back to floor

Right - step together
Left - step forward
Right - step together
Left - step forward

Styling: on counts 29&30 punch both fists forward on 29, bring arms to side on 30

$\ensuremath{^{1\!\!/}}$ PIVOT TURN (LEFT), STEP FORWARD & HIP BUMPS, STEP FORWARD & HIP BUMPS, CROSS ROCK-RECOVER

33 Right - step forward

On (balls of) both feet, pivot ½ turn left

35	Right - stomp diagonally forward & bump right hip forward
&36	Bring right hip back to center & bump forward again
37	Left - stomp diagonally forward & bump left hip forward
&38	Bring left hip back to center & bump forward again
39	Right - cross step (rock) in front of left foot, while slightly lifting left foot off floor
&	Left - lower foot back to floor
40	Right - touch together

PART B

VINE (RIGHT), (2) 1/2 PIVOT TURNS (RIGHT)

1	Right - step to side
2	Left - cross step behind right foot
3	Right - step to side
4	Left - touch together
5	Left - step forward
6	On (balls of) both feet, pivot ½ turn right
7	Left - step forward
8	On (balls of) both feet, pivot ½ turn right

PART C

STOMP FORWARD, HOLD, HEEL BOUNCES TURNING ¼ TURN (LEFT), BACK STEP, TOUCH FORWARD STEP. TOUCH

FORWARD STEP, TOUCH				
1	Left - stomp forward (while throwing both hands out palms facing down about waist level)			
	(baseball safe sign)			
2	Hold (for 1 count)			
3&4	Bounce on heels turning 1/4 turn left			
5	Right - step backwards			
6	Left - touch together			
7	Left - step forward			
8	Right - touch together			

NOTE COUNT CHANGES:

On the 2nd repetition of the dance you will dance up to count 30 then for counts 31&32 the steps change, but this will only be done once, after that resume with the original 31&32 counts which will be the shuffle forward step changes are as follows:

31	Left - turning ¼ turn	lleft. step (rock)	to side, slightly lift	ting right foot off floor
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& Right - lower foot back to floor

32 Left - touch together