

E. M. S.

拍数: 32 墙数: 4 级数: Beginner
编舞者: Bill Bader (CAN)
音乐: 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