Mustang Sally



拍數: 32 牆數: 4 級數: Beginner

編舞者: Sonja Hemmes (USA) - September 2019

音樂: Mustang Sally (Glee Cast Version) - Glee Cast : (Album: Glee, The Music,

Homecoming - EP)



Start 16 counts in

This dance is choreographed for a very good friend of mine, Pat Hill. She will enjoy this!

TRIPLE RIGHT, ROCK BACK, TRIPLE LEFT, ROCK BACK

1&2 Step right to right side, step left next to right, step right to right side

3-4 Rock left back, step on right

Step left to left side, step right next to left, step on left to left side

7-8 Rock right back, step on left

STEP TOGETHER, WITH SWIRLING MOTION, RIGHT THEN LEFT

1-4 Step right to right side, step left next to right step right to right side, hold, Swirl your arms and

body in a counter clockwise motion during 1-4

5-8 Step left to left side, step right next to left, step left to left side, hold, Swirl your arms and body

in a clockwise motion during 5-8

TRIPLE BACK, (X2), TURN 1/4 LEFT, TRIPLE BACK (X2)

1&2	Step right back, step left back in front of right, step right back
3&4	Step left back, step right back in front of left, step left back

5&6 Turn ¼ left and step right back, step left back in front of right, step right back

7&8 Step left back, step right back in front of left, step left back

STEP FORWARD DIAGONALLY, SHIMMY HIPS

1-2	Step right forward diagonally, touch left next to right
3-4	Step left forward diagonally, step right next to left

5-8 Shimmy hips to counts 5-8