

Mustang Sally

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Beginner / Improver
編舞者: Amy Christian (USA) - February 2020
音樂: Mustang Sally - The Commitments



Intro: 16 counts. Start on the lyrics when he sings "Sally".

¼ HEEL GRIND, ¼ HEEL GRIND,

1-4 Step on R heel in front of L, Swivel and turn ¼ right –stepping back on L, Step R to right side, Step L slightly fwd, [3:00]

5-8 Step on R heel in front of L, Swivel and turn ¼ right –stepping back on L, Step R to right side, Step L slightly fwd, [6:00]

(*Option – Replace ¼ Heel Grinds with ¼ Jazz Boxes).

OUT-OUT, HOLD, ELVIS KNEE, HOLD, ELVIS KNEES L-R-L-R,

&1-2 Step R out to right side(&), Step L out to left side, Hold,

3-4 Roll R knee in, Hold,

5-8 Roll knee in as the other knee rolls out – L-R-L-R (weight ends on L),

CROSS, POINT, L COASTER, PIVOT ½ , PIVOT ½,

1-2 Step R across L, Point L out to left side,

3&4 Step back on ball of L, Step on ball of R next to L, Step L forward,

5-6 Step R forward, Pivot ½ turning left - stepping forward on L, [12:00]

7-8 Step R forward, Pivot ½ turning left - stepping forward on L, [6:00]

(*Easy option – Replace the two ½ Pivots with a Rocking Chair).

WEAVE, CROSS ROCK, SIDE ROCK,

1-4 Step R across L, Step L to left side, Step R behind L, Step L to left side,

5-7 Rock R across L, Recover on L, Rock R to right side, Recover on L,

Start over!

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