

Mustang Sally

拍數: 0 牆數: 0 級數:
編舞者: Levi J. Hubbard (USA)
音樂: 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

WALK FORWARD, SYNCOPATED VINE (RIGHT), BEHIND ROCK-RECOVER, ¼ TURN (LEFT)

- 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)

¼ TURN (LEFT), ¼ 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 ¼ 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

¾ 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
- 30 Right - step together
- 31 Left - step forward
- & Right - step together
- 32 Left - step forward

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

½ PIVOT TURN (LEFT), STEP FORWARD & HIP BUMPS, STEP FORWARD & HIP BUMPS, CROSS ROCK-RECOVER

- 33 Right - step forward
- 34 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) ½ 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

- 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 ¼ 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 left, step (rock) to side, slightly lifting right foot off floor
 - & Right - lower foot back to floor
 - 32 Left - touch together
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