

# E. M. S.

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Bill Bader (CAN)  
音樂: 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