

# Mustang Spirit

拍數: 68      牆數: 2      級數: Improver  
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音樂: Mustang Heart - George Fox



## FORWARD, TOUCH, BACK, KICK, BACK, ROCK, FORWARD SHUFFLE

1-4      Step right forward, touch left behind right, step left back, kick right forward  
5-6-7&8      Rock right back, recover onto left, shuffle forward right, left, right  
9-16      Repeat 1-8 starting with left foot

## STEP, ½ PIVOT, FORWARD SHUFFLE

1-2-3&4      Step right forward, turn ½ left (weight to left), shuffle forward right, left, right  
5-6-7&8      Step left forward, turn ½ right (weight to right), shuffle forward left, right, left

## STOMP, KICK, HITCH, ¼ TURN, BACK, ROCK, FORWARD SHUFFLE

1-4      Stomp right together, kick right forward, hitch right knee, turn ¼ left  
5-6-7&8      Rock right back, recover onto left, shuffle forward right, left, right

## HEEL & HEEL & HEEL/HOOK, HEEL,& HEEL & HEEL & HEEL & HEEL

1&2&      Touch left heel diagonally forward, step left together, touch right heel diagonally forward, step right together  
3&4      Touch left heel diagonally forward, hook left over right, touch left heel diagonally forward  
During the next 4 counts gradually turn ¼ left to face 6:00  
&5&6      Step left together, touch right heel diagonally forward, step right together, touch left heel diagonally forward  
&7&8      Repeat &5&6

## & STEP, FORWARD, PIVOT, SHUFFLE, FORWARD, PIVOT, SHUFFLE

&1-2-3&4      Step left together, step right forward, turn ½ left (weight to left), shuffle forward right, left, right  
5-6-7&8      Step left forward, turn ¼ right (weight to right), shuffle forward left, right, left

## STOMP, KICK, HITCH, ¼ TURN, BACK, ROCK, SHUFFLE

1-2-3&4      Stomp right together, kick right forward, hitch right knee, turn ¼ left  
5-6-7&8      Rock right back, recover onto left, shuffle forward right, left, right

## HEEL & HEEL & HEEL, HOOK, HEEL & HEEL & HEEL & HEEL & HEEL

1&2&      Touch left heel diagonally forward, step left together, touch right heel diagonally forward, step right together  
3&4      Touch left heel diagonally forward, hook left over right, touch left heel diagonally forward  
During the next 4 counts gradually turn ¼ left to face 6:00  
&5&6      Step left together, touch right heel diagonally forward, step right together, touch left heel diagonally forward  
&7&8      Repeat &5&6

## & TOE STRUT, ¼ TURN, TOE STRUT

&1-2      Step left together, step right toe forward, drop right heel  
3-4      Turn ¼ left and step left toe forward, drop left heel

## REPEAT

RESTART: Restart on walls 3 and 6 after count 52

Tom Monaghan / [EMail](#); Wendy Monaghan / [EMail](#)

