

Mustang Sally

32 Count, 4 Wall, Absolute Beginner

Choreographer: Martie Papendorf (SA) June 2015

Choreographed to: Mustang Sally by The Commitments.
(115 bpm)

Start on vocals after 16 counts - NO Tags Or Restarts

S1: KICK BALL CHANGE 2x, SKATE FWD R, L, FWD SHUFFLE

1&2 Kick R fwd, Step R next to L, Step L next to R,
3&4 Kick R fwd, Step R next to L, Step L next to R,
5,6 Skate fwd R, L,
7&8 Step R fwd, Step L next to R, Step R fwd [12.00]

S2: ROCKING CHAIR, ROCK FWD, RECOVER, WALK BACK R, L

1,2,3,4 Rock L fwd, Recover R back, Rock L back, Recover R fwd,
5,6,7,8 Rock L fwd, Recover R back, Walk back L, R [12.00]

S3: BACK, HITCH, FWD, HITCH, BACK, HOOK, FWD SHUFFLE

1,2,3,4 Step L back, Hitch R next to L, Step R fwd, Hitch L next to R,
5,6 Step L back, Hook R across L,
7&8 Step R fwd, Step L next to R, Step R fwd [12.00]

S4: ROCK FWD, RECOVER, SIDE ¼ LEFT, CROSS, SIDE, TOGETHER, SIDE, TOGETHER, FWD

1,2,3,4 Rock L fwd, Recover R back, Step L to left side making a ¼ turn left, Step R across L, [9.00]
5,6 Step L to left side, Step R next to L,
7&8 Step L to left side, Step R next to L, Step L fwd [9.00]

START AGAIN