E Z Mustang Sally

拍数: 34 **墙数:** 4 **级数:** Beginner

编舞者: Sally Blair (USA)

音乐: Mustang Sally - The Commitments

TWO FORWARD SHUFFLES, STEP, PIVOT, STEP, HOLD & CLAP

1&2	Left shuffle forward (left foot, right foot, left foot)
3&4	Right shuffle forward (right foot, left foot, right foot)
5-6	Step forward on left foot, pivot ½ turn to the right
7-8	Step left foot to left side, hold & clap

FOUR HIP BUMPS WITH HITCHHIKER MOVE (THUMB JERKS OVER SHOULDER), CROSS, PIVOT, STOMP & CLAP, STOMP & CLAP

9-10	Bump hips to left side twice and at the same time jerk the left thumb over the left shoulder (hitchhiker move)
11-12	Bump hips to right side twice and at the same time jerk the right thumb over the shoulder (hitchhiker move)-(keep weight on right foot)
13-14	Step left foot across right, with weight on both feet pivot ½ turn to the right (weight ends up on left foot)
15-16	Stomp right foot & clap
17-18	Stomp left foot & clap

HEEL SPLIT, RETURN, HEEL LIFTS, RIGHT GRAPEVINE, STOMP & CLAP

19-20	With weight on balls of both feet spread heels apart, return heels back together
21-22	Bend knees & bounce heels on floor twice
23-24	Step right foot right, cross left foot behind right
25-26	Step right foot right, stomp left foot beside left & clap

LEFT GRAPEVINE, RIGHT FOOT STAR

27-28	Step left foot left, cross right foot behind left
29-30	Step left foot left, touch right toe forward
31-32	Touch right toe to right side, touch ball of right foot back

¼ TURN RIGHT, HITCH & SLAP

33-34	On ball of right foot pivot ¼ turn to the right, hitch left knee up & at the same time slap the left knee with the right hand

REPEAT