

Mustang Spirit

拍數: 68 牆數: 2 級數: Improver
編舞者: Tom Monaghan (NZ) & Wendy Monaghan (NZ) - August 2007
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](#)

