

# Mustang Sally

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**Count:** 32

**Wall:** 2

**Level:** Beginner / Improver

**Choreographer:** Amy Christian (February 2020)

**Music:** Mustang Sally by The Commitments

**Intro: 16 counts. Start on the lyrics when he sings "Sally".**

**¼ HEEL GRIND, ¼ HEEL GRIND,**

**1-4** Step on R heel in front of L, Swivel and turn ¼ right –stepping back on L, Step R to right side, Step L slightly fwd, [3:00]

**5-8** Step on R heel in front of L, Swivel and turn ¼ right –stepping back on L, Step R to right side, Step L slightly fwd, [6:00]

**(\*Option - Replace ¼ Heel Grinds with ¼ Jazz Boxes).**

**OUT-OUT, HOLD, ELVIS KNEE, HOLD, ELVIS KNEES L-R-L-R,**

**&1-2** Step R out to right side(&), Step L out to left side, Hold,

**3-4** Roll R knee in, Hold,

**5-8** Roll knee in as the other knee rolls out – L-R-L-R (weight ends on L),

**CROSS, POINT, L COASTER, PIVOT ½ , PIVOT ½,**

**1-2** Step R across L, Point L out to left side,

**3&4** Step back on ball of L, Step on ball of R next to L, Step L forward,

**5-6** Step R forward, Pivot ½ turning left - stepping forward on L, [12:00]

**7-8** Step R forward, Pivot ½ turning left - stepping forward on L, [6:00]

**(\*Easy option - Replace the two ½ Pivots with a Rocking Chair).**

**WEAVE, CROSS ROCK, SIDE ROCK,**

**1-4** Step R across L, Step L to left side, Step R behind L, Step L to left side,

**5-7** Rock R across L, Recover on L, Rock R to right side, Recover on L,

**Start over!**

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