

Mustang Sally (Cajun Style)

Description: 96-count, 2-wall line-dance

Choreographer: Damon D'Amico, taught by Robert Royston in the Bay Area

Music: Mustang Sally by the Commitments (phrased for this song, but any slow West Coast Swing music should work).

Dance description by Kate Adams. Thanks to Sally Wisner's description, the choreographer's advice, and lots of help from Rob "I".

1-4: Left vine (Left, behind, left, right)

- 1 Step left foot to left side
- 2 Step right foot behind left
- 3 Step left foot to left side
- 4 Replace right (weight on right)

5-10: Sailor shuffles (cross-ball-change)

- 5&6 Cross left behind right, step ball of right foot side right, change weight to left as you step side left
- 7&8 Cross right behind left, step ball of left foot side left, change weight to right as you step side right
- 9&10 Cross left behind right, step ball of right foot side right, change weight to left as you step side left

11-16: pivot-kicks

- 1 Kick right foot forward
- 2 Pivot 1/4 turn CCW on left foot, kicking right foot forward at end of turn
- 3 right foot step next to left
- 4 Kick left heel forward
- 5 Pivot 1/4 turn CW on right foot, kicking left foot forward at end of turn
- 6 left foot step back straight

17-24: Steps back and CCW 1-1/8* turn

- 1 Step right foot back
- 2 Step left foot back
- 3 Step right foot back (feet are apart)
- 4 Touch left toe forward
- 5 Begin CCW 1-1/8 turns, progressing forward
- 6 Continue turning
- 7 Continue turning
- 8 Step right foot down (completing turn)

(Your body ends up facing 45 degrees left to the starting line-of-dance. backwards, leading into the Tush Push steps that follow...)

25-32: hip bumps, hip bumps, hip & roll, hip & roll

- 1 Swing right hip forward, return to center
- 2 Swing right hip forward, return to center
- 3 Swing left hip backward, return to center
- 4 Swing left hip backward, return to center
- 5 Swing right hip forward
- 6 Roll hips back
- 7 Swing right hip forward
- 8 Roll hips back

33-40: Angle steps back with claps

- 1 Step back on right and touch to the right at a 45-degree angle (still facing forward)
- 2 Slide left foot back and touch next to right foot and CLAP
- 3 Step back on left and touch to the left at a 45-degree angle
- 4 Slide right foot back and touch next to left foot and CLAP
- 5 Step back on right and touch to the right at a 45-degree angle

- 6 Slide left foot back and touch next to right foot and CLAP
- 7 Step back on left and touch to the left at a 45-degree angle
- 8 Slide right foot back and touch next to left foot and CLAP

41-44: "Mixing the paint"

- 1 Step right foot shoulder width apart, placing flexed arms in front
- 2 Move center of body right forward while pulling elbows back
- 3 place flexed arms in front
- 4 Move center of body left forward while pulling elbows back

***45-52: Rock back right, forward left, triple step, step pivot, turning triple step**

- 1 Rock back on right
- 2 forward on left
- 3&4 Triple step forward (right forward, left together, right forward)
- 5 step forward on left (no weight change)
- 6 pivot CW 1/2 turn onto right.
- 7&8 Triple step left right left while turning 1/2 turn CW

53-58: step back right, step back left, shift weight, pivot right, left, right

- 1 walk back right
- 2 walk back left
- &3 step right next to left, step slightly forward onto left (or stomp forward)
- 4 pivot 1/4 turn CW onto right
- 5 pivot 1/2 turn CCW onto left
- 6 pivot 1/2 turn CW onto right

59-66: shuffle, step-pivot, shuffle, kick-ball-change

- 1&2 Triple step forward (left forward, right forward, left together)
- 3 right forward (no weight change), turn 180 CW
- 4 step on left foot
- 5&6 right left right
- 7&8 kick-ball-change (left foot) weight ends on right

67-72 Shuffles L - R1/2 - L : to left (side to side), to right (side to side with 1/2 turn CCW), to left (side to side)

- 1&2 left side, right together, left side
- 3&4 shuffle right with 1/2 CCW turn on the "&" - right, left, right
- 5&6 left side, right together, left side

***73-80: Hitting the "Break" - Jump out, clap, jump back, clap, circle hips**

- &1 Hop and turn 1/4 CW, landing slightly forward, first on right foot, then on the left foot, feet should be apart
- 2 Clap hands
- &3 Jump back, landing first on right foot, then on the left foot, feet should be apart
- 4 Clap hands (during next four beats palms are at hips parallel to floor)
- 5 Move hips to the right
- 6 Move hips back
- 7 Move hips to the left
- 8 Move hips forward

81-84: Toe points

- 1 Touch right toe to side
- & step right together
- 2 Touch left toe to side
- & step left together
- 3 Touch right toe to side
- & step right together
- 4 Touch left to side (weight on right)

85-92: "Janet Jackson Snake", "Ripple" (Roll, step, point, roll, step, point)

- 1 Roll weight over left foot (first time left is pointing to side)
- & Step right foot together
- 2 Point left toe to side
- 3 Roll weight over left foot
- & Step right foot together
- 4 Point left toe to side
- 5 Roll weight over left foot
- & Step right foot together
- 6 Point left toe to side
- 7 Roll weight over left foot
- & Step right foot together
- 8 Point left toe to side

93-96: Toe points

- &1 step left next to right, point right foot out to the right
- & step right together
- 2 Touch left toe to side
- & step left together
- 3 Touch right toe to side
- & step right together
- 4 Touch left to side (weight on right)

START DANCE AGAIN!

Notes:

41-44 - Rob says this "mixing the paint" is a lot like hanging on to a pole and...well...you know that movie with the stripper and the pole...yeah, like that. The hands shouldn't move around too much except slightly in the opposite direction of the hips to accent the move.

Variation *45-48: (Rob's version) Syncopated rock back, forward, triple-step

- &1 Syncopated rock step, back on right with left heel forward on &1
- 2 Rock forward on left (weight on left)

Variation *77-80: (Rob's version) "Shake SOMETHING for four counts" - slightly more entertaining for the audience (and instructor) :-)

85-88: The choreographer describes this as having no "&" counts - "head shoulder ribcage hips...right foot and head come together at the same time, then kick left foot out to side"