

# Mustang Sally

November 2008  
V1.1

CHOREO: Mark & Pam Prow, 1322 Falling Leaf Lane, Seabrook, TX 77586 281-326-1921 email: pam@pamprow.com  
SONG: Mustang Sally, Wilson Pickett, (Various CD – *The Wicked Pickett trk1, Pick It Wilson trk17, etc.*), download at Amazon.com  
RHYTHM: West Coast Swing Phase RAL phase VI TEMPO: Slow to suit recommend 5%.  
SEQUENCE: INTRO, A, B, A, B(1-7), END

## INTRO

### 1-4 WAIT IN LOP FC PARTNER AND LOD; ; WHIP TURN;;

1-2 face ptrnr and LOD with lead hnds joined;;  
3-4 **whip turn** bk L, xRif twd W's right side connect trailing arms trn RF, sd & fwd L trn RF/rec trn RF, sd L fc RLOD (W fwd R, L trn RF, bk R/cl L, fwd R); trn RF cl R, fwd L, anchor R/L, R (W sd & bk L trn RF, bk R, anchor L/R, L); LOPFCG/LOD

## PART A

### 1-4 L SD HNSK PASS (OPT TWRL) RHNSK;;, SUGAR PUSH W'S FC LOOP JOIN TRAIL HND;; WRAPPING SD PASS;

1 **L sd hnsk pass** bk L, sd R trn LF out of slot change to RHNSK, sm sd L/cl R, fwd L (W fwd R, L, start LF trn sd R/xLif, sd& bk R trn to fc LOD); RHNSK/RLOD (**opt twirl**) bk L, sd R trn LF out of slot change to RHNSK, sm raise rhnds ld W to trn LF sd L/cl R, fwd L (W fwd R, L, start LF trn under joined hnds sd R/fwd L, sd& bk R trn to fc DLW); RHNSK/RLOD  
2 anchor R/L, R, **sugar push W's fc loop** bk L, cl R rotate LF shape to W;  
3 raise joined Rhnds over W's head cl L/R, fwd L release hds slide down W's right arm and join trailing hnds, anchor R/L, R; OPFCG/RLOD  
4 **wrapping sd pass** sd&bk L, sd R out of slot trn LF lead W to wrap LF across M into trailing arms as she passes but release hnds as she is committed to trn, cl L/R, fwd L to LOD join lead hnds (W fwd R,L start LF roll fwd R/cl L, fwd R trning to fc M); *note: joining lead hnds and raising them over W's head to start her LF trn may make this easier but is not required*

### 5-8 CONT SD WRAPPING SD PASS LD HNSD,, SUGAR PUSH;; UNDERARM WHIP;;

5 **cont wrapping sd pass** anchor R/L,R, LOPFCG/LOD **sugar push** bk L, cl R;  
6 cl L/R, fwd L, anchor R/L, R; LOPFCG/LOD  
7-8 **underarm whip** bk L raise ld hnds, XRIF out of slot place bk of rhnd on W's right side lead W to trn LF under ld hands, trn RF sd L/rec R, sd L (W fwd R, L, start LF trn under joined ld hnds sd&bk R/rec L, fwd R); cont RF turn cl R, into slot fwd L, anchor R/L,R (W fwd L trn RF, bk R, anchor L/R, L); LOPFCG/LOD

### 9-12 L SD HNSK PASS (OPT TWRL) RHNSK;;, SUGAR PUSH W'S FC LOOP JOIN TRAIL HND;; WRAPPING SD PASS;

9-12 repeat meas 1-4;;

### 13-16 CONT SD WRAPPING SD PASS LD HNSD,, SUGAR PUSH;; UNDERARM WHIP;;

13-16 repeat meas 5-8;;

### 17-20 LEFT CIRCLE PASS; ; SUGAR SD BK FREEZE; SD BKS;

17-18 **left circle pass** join both hds bk L, fwd R to lady's L side, raise L hnd to loop M's head in pl L/R, sd L across slot (W fwd R, L, trn LF sd&bk R/rec L, fwd R around M); release trailing hds & lowering lead hds cl R, into slot fwd L, anchor R/L, R (W fwd L, fwd R trn RF, anchor L/R, L); LOPFCG/LOD  
19 **sugar sd bk freeze** bk L, cl R, sd L/sd R, release hnds on hips;  
20 **side breaks** cl L/R, sd L/R, cl L/R, sd L/R; LOPFCG/LOD

### 21-24 SUGAR CHEST PUSH;;, DOUBLE TUMMY SURPRISE;;;

21 **sugar chest push** bk L, cl R, cl L/R, fwd L (W fwd R, L place either or both hnds on M's massive chest xRib/rec L, bk R);  
22 anchor R/L, R; LOPFCG/LOD **double tummy surprise** bk L, xRif out of slot release ld hnds place Rhnd on W's waist (W fwd R, L);  
23 trn RF sd L/rec R, sd L behind W allow Rhnd to move around W's to her left waist, xRif to RLOD, rec L (W fwd R/cl L, bk R, bk L, rec R);  
24 place L hnd on W's front waist sd R, rec L trn in front of W, join ld hnds into slot xRif trn RF/bk L, bk R (W fwd L, rec R, anchor L/R,L); LOPFCG/LOD

## PART B

### 1-4 WRAPPED WHIP; TO RHNSK; SD HAMMERLOCK WHIP WITH UNDERARM EXIT; TO STACKED HNSD;

1-2 **Wrapped Whip** bk L, fwd R out of slot to lady's right side join both hds raising lead hds over lady's head, fwd L/R, L across slot (W fwd R, L, fwd R/cl L, bk R); trn RF cl R release trailing hds, fwd L into slot, anchor R/L, R (W bk L, R, anchor L/R, L);  
3-4 **sd hammerlock whip w/underarm exit** bk L, xRif out of slot trn 1/4 RF lead W to hammerlock L position by lowering rhnds, sd L/ cl R, sd L join L hnds (W fwd R, L trn LF with R hnd low at small of back, bk R/cl L, fwd R); cl R, sd&fwd L into slot, lead W to trn RF under joined L hnds, anchor R/L, R (W fwd L, R, fwd L sharp RF turn under L hnds/cl R, fwd L); end with stacked hnds L over R face LOD;

### 5-8 TRAVELING SD PASS;;, R SD PASS JOIN LD HNSD;;, TOG M'S FC LOOP & APRT 2 SLOWS;

5 **traveling side pass** sd& bk L, sd R out of slot trn LF lead W trn LF under joined L hnds, xLib/cl R, raising Rhnds lowering left hnds sd & fwd L (W fwd R,L start LF spin fwd R/cl L, fwd R trning about 1¼ turns end behind M's L side);  
6 xRif/cl L, bk R bring Lhnds over head (W xLib/cl R, xLif trn LF) **rt sd pass** sd L, rec R out of slot (W fwd R, L start LF trn);  
7 cl L/R, join ld hnds trn LF fwd L, anchor R/L, R (W fwd R/xLif, fwd R cont trn to fc M, anchor bk L/R, L);  
8 **slow together M's fc loop and apart** fwd L, bring joined ld hnd over M's head, bk R release hnds, slide down arms and rejoin ld hnds;

SS

**9-12 WRAPPED WHIP;; SD HAMMERLOCK WHIP WITH UNDER ARM EXIT; STACKED HNDS;**

9-12 repeat meas 1-4;;

**13-16 TRAVELING SIDE PASS;; R SD PASS JOIN LD HNDS;; TOG M'S FC LOOP & APART TO RHNSK;**

13-16 repeat meas 5-8;; but end in rhndsk

**17-20 HAMMERLOCK WHIP; W SPIN OUT; SUGAR PUSH WITH 2 SAILOR SHUFFLE EXIT;;**

17-18 **hammerlock whip** bk L, xRib out of slot trn 1/4 RF lower rhnds lead W to hammerlock L position, trn RF sd L/ rec R, sd L fc W (W fwd R, L trn LF with R hnd low at small of back, sd& bk R/rec L, fwd R move left hnd up on M's arm); trn RF cl R, release hnds fwd L, anchor R/L, R joined ld hnds (W start RF 1 1/2 roll fwd&sd L, bk R cont roll release hnds fwd L trn to fc M/ cl R,bk L); note: figure can be done without spinout by placing M's left hand on W's Rupper arm after 1<sup>st</sup> triple and releasing rhnds, finishing like a normal whip turn sliding hnd down W's arm.

19-20 **sugar push w/sailor shuffle exit** bk L, cl R, cl L/R, fwd L (W fwd R, L, xRib/rec L, bk R); xRib/sd L, sd R, xLib/sd R, sd L;

**21-24 ANCHOR TO TUCK AND TWIRL;; WHIP TURN;;**

21 anchor R/L, R, **tuck & twirl** bk L, cl R raise ld hnd to flat plam at chest level (W fwd R, L);

22 cl L/R, raise joined hnds ld W to turn RF fwd L, anchor R/L, R (W xRib/rec L, bk R spin RF full trn under joined ld hnds, anchor L/R, L);

23-24 **whip turn** repeat intro meas 3-4;;

**REPEAT A**

**1-4 L SD HNSK PASS (OPT TWRL) RHNSK;; SUGAR PUSH W'S FC LOOP JOIN TRAIL HND;; WRAPPING SD PASS;**

**5-8 CONT SD WRAPPING SD PASS LD HNDS,, SUGAR PUSH;; UNDERARM WHIP;;**

**9-12 L SD HNSK PASS (OPT TWRL) RHNSK;; SUGAR PUSH W'S FC LOOP JOIN TRAIL HND;; WRAPPING SD PASS;**

**13-16 CONT SD WRAPPING SD PASS LD HNDS,, SUGAR PUSH;; UNDERARM WHIP;;**

**17-20 LEFT CIRCLE PASS; ; SUGAR SD BK FREEZE; SD BKS;**

**21-24 SUGAR CHEST PUSH;; DOUBLE TUMMY SURPRISE;;;**

**REPEAT B MEAS 1-7**

**1-4 WRAPPED WHIP; TO RHNSK; SD HAMMERLOCK WHIP WITH UNDERARM EXIT; TO STACKED HNDS;**

**5-7 TRAVELING SD PASS;; R SD PASS JOIN LD HNDS;;**

**END**

**TOG M'S FC LOOP;**

1 fwd L, bring joined ld hnd over M's head hold looking at ptrnr's beautiful eyes;

Notes:

1. All sugar figures have been written with triples for both M and W. touch step (or other action) can be substituted if desired.
2. The womens left turning action on the first triple of the hammerlock whip, hammerlock side whip, underarm whip, and L circle pass is a paddle or "duck turn". The action is trn LF sd&bk R, rec L, fwd R.
3. The traveling side pass may be easier to teach and do with just the Rhndsk. Lhndsk is not required.
4. Twirls and spinouts are optional.