

My Girl's Night Out

Choreographer : Jef Camps (May '16 - Belgium)
Kind of dance : 4 wall line dance
Level : High Improver
Counts : 32
Music : "MGNO" by Russel Dickerson
Info : 16 count intro - 1 restart

CROSS ROCK, RECOVER, CHASSE, HEEL GRIND, TOG, CROSS, SIDE

1-2 R^F cross rock over L^F, recover on L^F
3&4 R^F step side, L^F close next to R^F, R^F step side
5-6& L^F cross heel over R^F, R^F step side when twisting LT to the L, L^F close next to R^F
7-8 R^F cross over L^F, L^F step side

BEHIND, SIDE, HEEL-BALL-CROSS, ¼ TURN BACK, ¼ TURN SIDE, SWAYS, TOG, SIDE ROCK, RECOVER

1&2& R^F cross behind L^F, L^F step side, R^F dig heel diag. R-forward, R^F close next to L^F
3-4 L^F cross over R^F, ¼ turn L & R^F step back (9:00)
5&6 ¼ turn L & L^F step side & push hips to L, push hips to R, push hips to L (6:00)
&7-8 R^F close next to L^F, L^F rock to side, recover on R^F

SAILOR-STEP, ROCK FWD, RECOVER, TRIPPLE ¾ TURN, CROSS, ¼ TURN BACK

1&2 L^F cross behind R^F, R^F step side, L^F step slightly forward
3-4 R^F rock forward, recover on L^F
5&6 Make a ¾ triple turn R on R-L-R (3:00)
7-8 L^F cross over R^F, ¼ turn L & R^F step back (12:00)

ROCK BACK, RECOVER, SHUFFLE ½ TURN R, ¼ TURN SIDE, CROSS, ½ TURN, CROSS SAMBA, FLICK

1-2 L^F rock back, recover on R^F
3&4 ¼ turn R & L^F step side, R^F close next to L^F, ¼ turn R & L^F step back
&5-6 ¼ turn R & R^F step side, L^F cross over R^F, make ½ turn R on R^F
7&8& L^F cross over R^F, R^F step side, L^F step side (*Flick R^F*)

Have fun!

Restart: in the 5th wall after 16 counts

Dance until the end of the second section & change count 16 into a scuff with your R^F to restart the dance (6:00)

J. Camps