

Mango Groove

Count: 64

Wall: 2

Level: Easy Intermediate

Choreographer: Alison Johnstone (Nuline Dance) Feb 2015

Music: Dance Sum More by Mango Groove: iTunes etc.

Walls 1, 3 & 5 are 48 Count Walls. (Every time you start the dance at 12.00)

Tag: Easy 4 count Tag end of Wall 5

Start: On Verse Vocals (30 seconds) 32 counts in from the very heavy beat.

(1-8) Step Together Chasse, Rock Forward Recover Chasse ¼ Left (9.00)

1, 2 Step Right to side, Step Left together
3&4 Step Right to side, Step Left together, Step Right to side
5, 6 Rock forward on Left, Recover on Right
7&8 Step Left to Side, Step Right together, ¼ over Left step Left forward

(9-16) ¼ Hinge Toe Strut, ½ Hinge Toe Strut, ½ Hinge Toe Strut. Kick Ball Change (6.00)

&1, 2 Turn ¼ over Left on Left foot (&), Touch Right toe to side, Drop Right heel taking weight Snap fingers (6.00)
&3, 4 Turn ½ over Left on Right foot (&), Touch Left toe to side, Drop Left heel taking weight Snap fingers (12.00)
&5, 6 Turn ½ over Left on Left foot (&), Touch Right toe to side, Drop Right heel taking weight Snap fingers (6.00)
7&8 Kick Left forward, Step on Ball of Left (&), Step Right in place

(17-24) Rocking Chair x 2 (Swivelling Hips) (6.00)

1,2,3,4 Rock forward on Left, Recover on Right, Rock Back on Left, Recover on Right
5,6,7,8 Rock forward on Left, Recover on Right, Rock Back on Left, Recover on Right

(25-32) Pivot ½ , Shuffle, Pivot ½ , Step Step (6.00)

1, 2 Step forward Left, Pivot ½ over Right (12.00)
3&4 Step forward Left, Step Right together, Step forward Left
5, 6 Step forward Right, Pivot ½ over Left (6.00)
7, 8 Step on Right, Step on Left

(33-40) Grapevine Right, Grapevine Left ½ Over Left with Scuffs (12.00)

1,2,3,4 Step Right to side, Step Left behind Right, Step Right to side, Scuff Left next to Right
5, 6 Step Left to side, Step Right behind Left,
7, 8 ¼ over Left step Left forward, ¼ over Left weight remains on Left scuffing Right next to Left

(41-48) Grapevine Right, Grapevine Left ½ Over Left with Scuffs (6.00)

1,2,3,4 Step Right to side, Step Left behind Right, Step Right to side, Scuff Left next to Right
5, 6 Step Left to side, Step Right behind Left,
7, 8 ¼ over Left step Left forward, ¼ over Left weight remains on Left scuffing Right next to Left

*****RESTART HERE END OF WALLS 1, 3, 5 (Every time you start dance at 12.00 you restart dance at 6.00)*****

***** WALL 5 you hear ahhh ahhh ahhh ahhh- FINISH DANCE FACING 6.00 – add Tag*****

1-4 Stomp Right side, Hold , Shimmy for 2 counts

(49-56) V Step x 2 (Out Out In In) (12.00)

1,2,3,4 Step Right forward to Right side, Step Left forward to Left side, Step Right Back center, Step Left next to Right
5,6,7,8 Step Right forward to Right side, Step Left forward to Left side, Step Right Back center, Step Left next to Right

(57-64) Paddle ¼ Turns x 4 (12.00)

1,2,3,4 Touch Right toe forward, Turn ¼ over Left on Left, Touch Right toe forward, Turn ¼ over Left on Left
5,6,7,8 Touch Right toe forward, Turn ¼ over Left on Left, Touch Right toe forward, Turn ¼ over Left on

START AGAIN

**END OF DANCE: Wall 6 complete the dance - you will be facing front dance the 1st 16 counts of the dance
Then simply Pivot ½ turn to face front (step forward on Left, Pivot ½ over Right)**

THANK YOU for inviting me to choreograph the “Sunflower 2015” dance. Wishing you well with your event in SA.

Last Update - 16th Feb 2015