

MGNO

Count: 32

Wall: 4

Level: Improver

Choreographer: Rep Ghazali (SCO) - May 2016

Music: MGNO (My Girl Night Out) by Russell Dickerson – 121 bpm

#16 count intro from first heavy beat and start on main vocal (10sec)

Music Available on download from iTunes and Amazon.co.uk

[01-08] SKATE R & L, R FWD MAMBO, BACK L-BACK R, L COASTER STEP

- 1-2 skate forward Right, skate forward Left
3&4 rock forward Right, recover on Left, step back Right (Left toe fan out as you step back on Right)
5-6 step back Left (Right toe fan out as you step back on Left), step back Right (Left toe fan out as you step back on Right)
7&8 step back Left, step Right together, step forward Left (12)

[09-16] R TAP-R TAP, R BALL STEP SCUFF R, R ROCK FWD-L RECOVER, R TRIPLE $\frac{3}{4}$ TURN R

- 1-2 tap Right toe beside Left twice
&3-4 step Right together, step forward Left, scuff forward on Right
5-6 rock forward Right, recover on Left
7&8 triple $\frac{3}{4}$ turn Right by stepping Right-Left-Right (9)

Restart: 5th wall

[17-24] L CROSS-HOLD, L BALL CROSS-L BALL CROSS, TOE SIDE SWITCHES, R FWD- $\frac{1}{2}$ PIVOT

- 1-2 cross Left over Right, hold
&3&4 step Right to Right, cross Left over Right, step Right to Right, cross Left over Right,
5&6 point Right toe to Right side, step Right together, point Left toe to Left side
&7-8 step Left together, step forward Right, $\frac{1}{2}$ pivot turn Left (3)

[25-32] R FULL TURN L, R SHUFFLE FWD, L SYNCOPED JAZZ BOX

- 1-2 $\frac{1}{2}$ turn Left by stepping back Right, $\frac{1}{2}$ turn Left by stepping forward Left (3)

Non turner: walk forward Right-Left

- 3&4 step forward Right, step Left together, step forward Right
5-6 cross Left over Right, step back Right
&7-8 step Left to Left side, step forward Right, step forward Left (3)

Restart: 5th Wall - dance up to count 16 and change weight to Left on count & and Restart facing 9 o'clock wall