

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Rep Ghazali -Meaney, Scotland (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

1-2skate forward Right, skate forward Left

3&4rock forward Right, recover on Left, step back Right (Left toe fan out as you step back on

Right)

5-6step 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&8step 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

1-2tap Right toe beside Left twice

&3-4step Right together, step forward Left, scuff forward on Right

5-6rock forward Right, recover on Left

7&8triple $\frac{3}{4}$ 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

1-2cross Left over Right, hold

&3&4step Right to Right, cross Left over Right, step Right to Right, cross Left over Right,

5&6point Right toe to Right side, step Right together, point Left toe to Left side

&7-8step 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&4step forward Right, step Left together, step forward Right

5-6cross Left over Right, step back Right

&7-8step 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**