

My Girl's Night Out

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

Choreographer: Jef Camps (May 2016 - Belgium)

Music: "MGNO" by Russel Dickerson

Info: 16 count intro - 1 restart

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

1-2RF cross rock over LF, recover on LF

3&4RF step side, LF close next to RF, RF step side

5-6&LF cross heel over RF, RF step side when twisting LT to the L, LF close next to RF

7-8RF cross over LF, LF step side

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

1&2&RF cross behind LF, LF step side, RF dig heel diag. R-forward, RF close next to LF

3-4LF cross over RF, ¼ turn L & RF step back (9:00)

5&6¼ turn L & LF step side & push hips to L, push hips to R, push hips to L (6:00)

&7-8RF close next to LF, LF rock to side, recover on RF

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

1&2LF cross behind RF, RF step side, LF step slightly forward

3-4RF rock forward, recover on LF

5&6 Make a ¾ triple turn R on R-L-R (3:00)

7-8LF cross over RF, ¼ turn L & RF step back (12:00)

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

1-2LF rock back, recover on RF

3&4¹/₄ turn R & LF step side, RF close next to LF, ¹/₄ turn R & LF step back

&5-6¹/₄ turn R & RF step side, LF cross over RF, make ¹/₂ turn R on RF

7&8&LF cross over RF, RF step side, LF step side (Flick RF)

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 RF to restart the dance (6:00)