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MGNO

32 Count, 4 Wall, Improver

Choreographer: Rep Ghazali-Meaney (UK) Apr 2016

Choreographed to: MGNO (My Girl Night Out) by
Russell Dickerson

121bpm 16 count intro from first heavy beat and start on main vocal (10sec)

Section 1 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)

Section 2 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

Section 3 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)

Section 4 R Full Turn L, R Shuffle Fwd, L Syncopated 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**