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My Girl's Night Out

32 Count, 4 Wall, Improver

Choreographer: Jef Camps (BE) May 2016

Choreographed to: MGNO by Russell Dickerson

Info: 16 count intro – 1 restart

Section 1 **Cross Rock, Recover, Chasse, Heel Grind, Tog, Cross, Side**

1-2 RF cross rock over LF, recover on LF
3&4 RF 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
7-8 RF cross over LF, LF step side

Section 2 **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
3-4 LF cross over RF, ¼ turn L & RF step back (9:00)
5&6 ¼ turn L & LF step side & push hips to L, push hips to R, push hips to L (6:00)
&7-8 RF close next to LF, LF rock to side, recover on RF

Section 3 **Sailor-Step, Rock Fwd, Recover, Tripple ¾ Turn, Cross, ¼ Turn Back**

1&2 LF cross behind RF, RF step side, LF step slightly forward
3-4 RF rock forward, recover on LF
5&6 Make a ¾ triple turn R on R-L-R (3:00)
7-8 LF cross over RF, ¼ turn L & RF step back (12:00)

Section 4 **Rock Back, Recover, Shuffle ½ Turn R, ¼ Turn Side, Cross, ½ Turn, Cross Samba, Flick**

1-2 LF rock back, recover on RF
3&4 ¼ turn R & LF step side, RF close next to LF, ¼ turn R & LF step back
&5-6 ¼ turn R & RF step side, LF cross over RF, make ½ 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)