

# Grooving Through Noon

**Compte:** 48

**Mur:** 1

**Niveau:** Improver

**Chorégraphe:** Daniel Exton (UK) - January 2024

**Musique:** AM to PM - Christina Milian



## **S1: Mambo, Coaster, Side Mambo R, Side Mambo L**

- 1&2 Right foot forward, Left foot forward, Right foot back
- 3&4 Left foot back, Right foot back, Left foot forward
- 5&6 Rock Right to Right side, Recover onto L, Right next to Left
- 7&8 Rock Left to Left side, Recover onto R, Left next to Right

## **S2: Dorothy x2, Out, Out, Run Back x4**

- 1, 2& Right to Right diagonal, Left behind Right, Right to Right diagonal
- 3, 4& Left to Left diagonal, Right behind Left, Left to Left diagonal
- 5, 6 Right foot out, Left foot out
- 7&8& Run back Right, Left, Right, Left

## **S3: Rock Back, Recover, Shuffle, Step, ½, Heel-Toe-Heel-Toe**

- 1, 2 Rock back on Right foot, Recover onto Left
- 3&4 Shuffle forward Right-Left-Right
- 5, 6 Step forward on Left, ½ turn Right (Weight on R)
- 7&8& Touch Left heel to Left side, Touch Left Toe to Left side, Repeat

## **S4: Side, Together, Shuffle, Side Together, Shuffle Back**

- 1, 2 Left to Left side, Right next to Left
- 3&4 Shuffle forward Left-Right-Left
- 5, 6 Right to Right side, Left next to Right
- 7&8 Shuffle back Right-Left-Right

## **S5: Chasse, Heel x2, Chasse, Heel x2**

- 1&2 Left to Left side, Right next to Left, Left to Left side
- 3, 4 Touch Right heel to Right side, Touch Right heel to Right side
- 5&6 Right to Right side, Left next to Right, Right to Right side
- 7, 8 Touch Left heel to Left side, Touch Left heel to Left side

## **S6: Step, 1/4, Step, 1/4, Box Forward, Kick Ball Change**

- 1, 2 Step Left foot forward, ¼ turn Right
- 3, 4 Step Left foot forward, ¼ turn Right
- 5&6 Left to Left side, Right next to Left, Left foot forward
- 7&8 Kick Right foot forward, Right next to Left, Left next to Right (Weight on L)

## **Tag: 16 counts into Wall 5**

- 1, 2 Rock back on Right foot, Recover onto Left
  - 3, 4 Raise both heels, Place heels back down (Weight on L)
-