

My Girl's Night Out (MGNO)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Low Intermediate
编舞者: Carrie Wojo (USA) - September 2023
音乐: Mgno - Russell Dickerson



Restarts (x2): Wall 5 and 10 after 16 counts. No Tags.

#16 count intro (dance begins on lyrics, approx. 10 secs. into track).

[1 – 8] K-Step (12:00).

1, 2 RF step fwd [1]. LF step next to RF [2].
3, 4 LF step bk [3]. RF step next to LF [4].
5, 6 RF step bk [5]. LF step next to RF [6].
7, 8 LF step fwd [7]. RF step next to LF [8].

[9 – 16] Shuffle right. LF rock back, RF recover. Shuffle left. RF rock back, LF recover. (12:00).

1 & 2 Step right RF [1]. Step LF next to RF [&]. Step right RF [2].
3, 4 Rock back LF [3]. Recover weight on RF [4].
5 & 6 Step left LF [5]. Step RF next to LF [&]. Step left LF [6].
7, 8 Rock back RF [7]. Recover weight on LF [8].

[17 – 24] RF Kickball Change [x2]. RF step fwd, ½ pivot L (ccw). RF stomp fwd. LF stomp fwd. (6:00)

1 & 2 RF kick [1]. RF step next to LF [&]. LF stomp [2].
3 & 4 RF kick [3]. RF step next to LF [&]. LF stomp [4].
5, 6 RF step fwd [5], ½ pivot left (ccw/6:00) [6].
7, 8 RF stomp fwd [7]. LF stomp fwd [8].

[25 – 32] RF and LF small step/hop out. Hold. RF and LF small step/hop in. Hold. Repeat faster, w/o holds [x2]. (6:00)

1 & 2 RF small step out right [1]. LF small step out left [&]. Hold [2].
3 & 4 RF small step in left [3]. LF small step in right [&]. Hold [4].
5 & 6 & RF small step out right [5]. LF small step out left [&]. RF small step in left [6]. LF small step in right [&].
7 & 8 & RF small step out right [7]. LF small step out left [&]. RF small step in left [8]. LF small step in right [&].

REPEAT

Last Update: 30 Nov 2023