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| --- | --- |
| Mango Groove |  |

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| . | | | | | | |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Easy Intermediate | . |
| **Choreographer:** | Alison Johnstone (AUS) - February 2015 | | | | |
| **Music:** | Dance Sum More - Mango Groove : (iTunes) | | | | |
| . | | | | | | |

**Walls 1, 3 & 5 are 48 Count Walls. (Every time you start the dance at 12.00)**

**Tag: Easy 4 count Tag end of Wall 5**

**Start: On Verse Vocals (30 seconds) 32 counts in from the very heavy beat.**

**(1-8) Step Together Chasse, Rock Forward Recover Chasse ¼ Left (9.00)**

|  |  |
| --- | --- |
| 1, 2 | Step Right to side, Step Left together |

|  |  |
| --- | --- |
| 3&4 | Step Right to side, Step Left together, Step Right to side |

|  |  |
| --- | --- |
| 5, 6 | Rock forward on Left, Recover on Right |

|  |  |
| --- | --- |
| 7&8 | Step Left to Side, Step Right together, ¼ over Left step Left forward |

**(9-16) ¼ Hinge Toe Strut, ½ Hinge Toe Strut, ½ Hinge Toe Strut. Kick Ball Change (6.00)**

|  |  |
| --- | --- |
| &1, 2 | Turn ¼ over Left on Left foot (&), Touch Right toe to side, Drop Right heel taking weight Snap fingers (6.00) |

|  |  |
| --- | --- |
| &3, 4 | Turn ½ over Left on Right foot (&), Touch Left toe to side, Drop Left heel taking weight Snap fingers (12.00) |

|  |  |
| --- | --- |
| &5, 6 | Turn ½ over Left on Left foot (&), Touch Right toe to side, Drop Right heel taking weight Snap fingers (6.00) |

|  |  |
| --- | --- |
| 7&8 | Kick Left forward, Step on Ball of Left (&), Step Right in place |

**(17-24) Rocking Chair x 2 (Swivelling Hips) (6.00)**

|  |  |
| --- | --- |
| 1,2,3,4 | Rock forward on Left, Recover on Right, Rock Back on Left, Recover on Right |

|  |  |
| --- | --- |
| 5,6,7,8 | Rock forward on Left, Recover on Right, Rock Back on Left, Recover on Right |

**(25-32) Pivot ½ , Shuffle, Pivot ½ , Step Step (6.00)**

|  |  |
| --- | --- |
| 1, 2 | Step forward Left, Pivot ½ over Right (12.00) |

|  |  |
| --- | --- |
| 3&4 | Step forward Left, Step Right together, Step forward Left |

|  |  |
| --- | --- |
| 5, 6 | Step forward Right, Pivot ½ over Left (6.00) |

|  |  |
| --- | --- |
| 7, 8 | Step on Right, Step on Left |

**(33-40) Grapevine Right, Grapevine Left ½ Over Left with Scuffs (12.00)**

|  |  |
| --- | --- |
| 1,2,3,4 | Step Right to side, Step Left behind Right, Step Right to side, Scuff Left next to Right |

|  |  |
| --- | --- |
| 5, 6 | Step Left to side, Step Right behind Left, |

|  |  |
| --- | --- |
| 7, 8 | ¼ over Left step Left forward, ¼ over Left weight remains on Left scuffing Right next to Left |

**(41-48) Grapevine Right, Grapevine Left ½ Over Left with Scuffs (6.00)**

|  |  |
| --- | --- |
| 1,2,3,4 | Step Right to side, Step Left behind Right, Step Right to side, Scuff Left next to Right |

|  |  |
| --- | --- |
| 5, 6 | Step Left to side, Step Right behind Left, |

|  |  |
| --- | --- |
| 7, 8 | ¼ over Left step Left forward, ¼ over Left weight remains on Left scuffing Right next to Left |

**\*\*\*RESTART HERE END OF WALLS 1, 3, 5 (Every time you start dance at 12.00 you restart dance at 6.00)\*\*\***

**\*\*\* WALL 5 you hear ahhh ahhh ahhh ahhh- FINISH DANCE FACING 6.00 – add Tag\*\*\***

|  |  |
| --- | --- |
| 1–4 | Stomp Right side, Hold , Shimmy for 2 counts |

**(49-56) V Step x 2 (Out Out In In) (12.00)**

|  |  |
| --- | --- |
| 1,2,3,4 | Step Right forward to Right side, Step Left forward to Left side, Step Right Back center, Step Left next to Right |

|  |  |
| --- | --- |
| 5,6,7,8 | Step Right forward to Right side, Step Left forward to Left side, Step Right Back center, Step Left next to Right |

**(57-64) Paddle ¼ Turns x 4 (12.00)**

|  |  |
| --- | --- |
| 1,2,3,4 | Touch Right toe forward, Turn ¼ over Left on Left, Touch Right toe forward, Turn ¼ over Left on Left |

|  |  |
| --- | --- |
| 5,6,7,8 | Touch Right toe forward, Turn ¼ over Left on Left, Touch Right toe forward, Turn ¼ over Left on |

**START AGAIN**

**END OF DANCE: Wall 6 complete the dance - you will be facing front dance the 1st 16 counts of the dance**

**Then simply Pivot ½ turn to face front ( step forward on Left, Pivot ½ over Right)**

**THANK YOU for inviting me to choreograph the “Sunflower 2015” dance. Wishing you well with your event in SA.**

**Last Update - 16th Feb 2015**