Grooving Through Noon
www.linedancerweb.com
www.linedancefoundation.com
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48 Count 1 Wall Improver Level Dance.
Choreographed by: Daniel Exton (UK) Nov 2023
Choreographed to: AM to PM by Christina Milian
Intro: 64 Counts. Start at approx 35 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 MAMBO, COASTER, SIDE MAMBO, SIDE MAMBO
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
SEC 2 DOROTHY, DOROTHY, 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
SEC 3 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, $1 ⁄ 2$ turn Right (Weight on R) (6:00)
7\&8\& Touch Left heel to Left side, Touch Left Toe to Left side, Repeat
SEC 4 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
SEC 5 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
SEC 6 STEP, $1 ⁄ 4$, STEP, $1 ⁄ 4$, BOX FORWARD, KICK BALL CHANGE
1-2 Step Left foot forward, $1 / 4$ turn Right ( $9: 00$ )
3-4 Step Left foot forward, $1 / 4$ turn Right (12:00)
5\&6 Left to Left side, Right next to Left, Left foot forward
$7 \& 8 \quad$ Kick Right foot forward, Right next to Left, Left next to Right (Weight on L
Tag After 16 counts of Wall 5
BACK ROCK, HEEL BLOCK
1-2 Rock back on Right foot, Recover onto Left
3-4 Raise both heels, Place heels back down (Weight on L)

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