

Nights And Days

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Audrey Watson (SCO)

Music: Oh Carol - Smokie



Start dance as soon as they start singing

WALK, WALK, WALK, LOCK STEP, MAMBO STEP, SHUFFLE STEP BACK

- 1&2 Walk forward on right, left, right (small steps)
3&4 Step forward on left, lock right behind left, step forward on left
5&6 Rock forward on right, rock back on left, step right next left
7&8 Step back on left, step right next left, step back on left

BACK TURN CROSS, CHASSE LEFT, BACK ROCK SIDE, BEHIND SIDE CROSS

- 1&2 Rock back on right, turn $\frac{1}{4}$ turn right stepping left to left/side, cross right over left
3&4 Step left to left/side, step right next left, step left to left/side
5&6 Rock back on right, rock forward on left, step right to right/side
7&8 Cross left behind right, step right to right/side, cross left over right

BACK TURN STEP, LOCK STEP, MAMBO STEP, $\frac{3}{4}$ TURN SHUFFLE

- 1&2 Rock right to right/side, turn $\frac{1}{4}$ turn left stepping forward on left, step forward on right
3&4 Step forward on left, lock right behind left, step forward on left
5&6 Rock forward on right, back on left, step right next left
7&8 Make a $\frac{3}{4}$ turn shuffle left stepping, left, right, left

FORWARD BACK POINT, POINT SIDE $\frac{1}{4}$ FLICK, SHUFFLE FORWARD, STOMP TURN HITCH

- 1&2 Rock forward on right, rock back on left, point right to right/side
3&4 Point right toe across left, point right toe to right/side, $\frac{1}{4}$ turn left flicking right back
5&6 Shuffle forward on right, left, right
7&8& Stomp forward on left, bounce heels twice while making a $\frac{1}{4}$ right, hitch right foot across left shin

REPEAT

TAG

When using the music Oh Carol by Smokie, add the following at the end of Walls 1 & 2

HEEL HITCH, HEEL HITCH

- 1&2& Touch right heel forward, hitch right across left twice