

# Day And Night

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Sarah Wolton (UK)

Music: Day and Night - Billie Piper



## LEFT AND RIGHT HEEL SWITCHES, FORWARD ROCK, SHUFFLE BACK

- 1&2 Touch left heel forward, step left beside right, touch right heel forward
- &3 Step right beside left, touch left heel forward
- &4 Step left beside right, touch right heel forward
- 5&6 Step right beside left, rock forward onto left foot, rock back onto right foot
- 7&8 Step left foot back, step right to left foot, step left foot back

## BACK ROCK, SHUFFLE FORWARD, LEFT AND RIGHT SAILOR STEPS

- 9&10 Rock back onto right foot, rock forward onto left foot
- 11&12 Step right forward, step left foot to right foot, step right foot forward
- 13&14 Cross left behind right, step right to right side, step left to place
- 15&16 Cross right behind left, step left to left side, step right to place

## SIDE TAPS, AND HEEL SWITCHES TWICE

- 17&18 Touch left to left side, step left beside right, touch right to right side
- &19 Step right beside left, touch left heel forward
- &20 Step left beside right, touch right heel forward
- &21 Step right beside left, touch left to left side
- &22 Step left beside right, touch right to right side
- &23 Step right beside left, touch left heel forward
- &24 Step left beside right, touch right heel forward

## LEFT AND RIGHT AND LEFT SAILOR STEPS, CROSS UNWIND ¼ TURN RIGHT

- 25&26 Step right beside left, cross left behind right, step right to right side, step left to place
- 27&28 Cross right behind left, step left to left side, step right to place
- 29&30 Cross left behind right, step right to right side, step left to place
- 31&32 Cross right behind left, unwind ¼ turn right over right shoulder

## REPEAT

The music stops and then carries on at a slower pace, carry on dancing at speed the music will catch up