

Day And Night

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Day and Night - Lo Air : (Album: Day And Night)



Intro: 64 counts

Walk Fwd x2, Ball Fwd, Fwd, Rock Fwd Recover, Coaster Cross

1-2 RF step forward, LF step forward
&3-4 RF step beside on ball foot, LF step forward, RF step forward
5-6 LF rock forward, RF recover
7&8 LF step back, RF together, LF cross over [12]

Side, Touch Behind, ¼ L Fwd, ¼ L Side, Sailor ¼ L Into Pivot ½ R, Point

1-2 RF step side, LF touch behind
3-4 LF ¼ left step forward, RF ¼ left step side
5&6 LF ¼ left cross behind, RF step beside, LF step forward
7-8 L+R ½ turn right, LF point side [9]

Heel Toe Swivels, Behind - ¼ L Fwd - Fwd, Rock Fwd Recover

1&2 LF swivel heel in, LF swivel toes in, LF swivel heel in
3&4 LF swivel heel out, LF swivel toes out, LF swivel heel out
5&6 RF cross behind, LF ¼ left step forward, RF step forward
7-8 LF rock forward, RF recover [6]

Back, Drag, Ball Fwd, Fwd, Sway x2, Behind - ¼ R Fwd - Fwd

1-2 LF big step back, RF drag together
&3-4 RF step beside on ball foot, LF step forward, RF step forward
5-6 LF step side with hips left, hips right
7&8 LF cross behind, RF ¼ right step forward, LF step forward [9]

Rock Side Recover, Sailor, Reverse Pivot ½ L, Step Lock Step Fwd

1-2 RF rock side, LF recover
3&4 RF cross behind, LF step beside, RF step side
5-6 LF point back, L+R ½ turn left
7&8 RF step forward, LF lock behind, RF step forward [3]

Rock Fwd Recover, Sugar Foot Bkw x2, Behind Side Cross, Rock Side Recover ¼ L

1-2 LF rock forward, RF recover
3-4 LF step back and swivel R toes right, RF step back and swivel L toes left
5&6 LF cross behind, RF step side, LF cross over
7-8 RF rock side, LF ¼ left recover [12]

Shuffle ½ L, Coaster Cross, Side, Touch Ball Cross, Side

1&2 RF ¼ left step side, LF step beside, RF ¼ left step back
3&4 LF step back, RF together, LF cross over
5-6 RF step side, LF touch beside
&7-8 LF step beside on ball foot, RF cross over, LF step side [6]

Sailor, Cross, Unwind ¾ L, Step Lock Step Bkw, Coaster

1&2 RF cross behind, LF step beside, RF step side
3-4 LF cross behind, LF unwind ¾ turn left

5&6 RF step back, LF lock across, RF step back
7&8 LF step back, RF together, LF step forward [9]

Start again

Restarts: Dance the 2nd and 5th wall up to and including count 32 (count 8 of the 4th section) and start again
