

# Day And Night

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Dwight Meessen (NL) - July 2018  
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**

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