

Day And Night

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sarah Wolton (UK)
音乐: 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