

# Day And Night

**COPPERKNOB**  
STEPSHEETS

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